

Cover Sheet – Social Service Activity**AGENCY NAME:** Survival Centers Inc. DBA Amherst Survival Center**AGENCY ADDRESS:** 138 Sunderland Road, PO Box 9629, North Amherst, MA 01059**AGENCY PHONE NO:** 413-549-3968 **CONTACT PERSON:** Mindy Domb**CONTACT PERSON EMAIL:** domb@amherstsurvival.org**CDBG FUNDING REQUEST:** \$65,000.00

1. Project Name A continuation of projects funded with MA CDBG funds in the Amherst Survival Center's Emergency Food Pantry ("the Pantry").

2. Project Description:

The Amherst Survival Center (ASC) is requesting \$65,000.00 to support continuation of its CDBG-funded efforts in its Food Pantry program to families and individuals. The ASC's Food Pantry programs provide access to good nutritious food for low-income residents of Amherst, including children, seniors, and people experiencing homelessness. This proposal continues CDBG-funded Pantry services, specifically: 1) monthly weekend hours of operation; 2) continued expanded monthly distribution program (onsite and thru its Senior Mobile Nutrition Program/SMNP) at 5-6 days (15-18 meals per person per month); 3) its Kids Boost Program providing families with school-age children extra food (representing an additional 6-8 meals per school-age child) in the six months that include a scheduled school vacations ("Kids Boost program"); 4) continued purchase of fresh, healthy and nutritious produce and expanded to all-year; 5) staffing (Pantry Assistant) to support expanded distribution and food inventory; 6) printing associated with information about its food and nutrition programs to increase knowledge and promote use by Amherst residents, 7) translation services to ensure written materials are in languages needed by prioritized populations, and 8) communitywide efforts to source additional food to meet the needs of an expanded allocation.

3. Project Location (Street address) 138 Sunderland Road in North Amherst. (The Pantry also operates two offsite food distribution programs in Amherst: the Senior Mobile Nutrition Program delivers groceries to Amherst senior housing and the Amherst Senior Center; and a new pilot mobile program, in partnership with the Food Bank of Western Massachusetts, distributes food in a parking lot at Southpoint Apartments in south Amherst)

4. Budget Request \$65,000.00

5. Type of Activity (check one):

- ☒ Family stabilization
- ☒ Individual stabilization
- ☐ Support services for the homeless and homelessness prevention programs
- ☐ Economic self-sufficiency (adult education)
- ☒ Food and nutrition
- ☐ Health services

6. National Objective:

Total number of beneficiaries (individuals served): 2300-2500

Total Low/Mod beneficiaries (individuals served): 2300-2500

National Objective Description

The Food Pantry and its population-specific programs (Kids Boost, Senior Mobile Nutrition Program [SMNP], weekend access hours, children's diapers, feminine hygiene products), its expanded allocation and personal care pantry serve residents of Amherst and twelve surrounding towns. All Pantry recipients are qualified as low/moderate income (as identified in the income guidelines outlined in the RFR). This criterion is verified annually, as we use annual income self-declaration forms (Attachment 1) with USDA guidelines and follow federal eligibility requirements, along with proof of town of residence. We collaborate with the Town of Amherst to ensure that the self-disclosure forms serve the funder's needs, cater to the participant's capacity, and reflect income guidelines. In calendar year 2016, nearly 52% of the Pantry's services were provided to residents of Amherst, surpassing the 51% threshold. Pantry registrant data is maintained in a designated, confidential database, with each Pantry visit and pick-up reported, special allocations recorded (for e.g. Boost, diapers, etc.), the ages and household sizes of participants verified, and each monthly distribution weighed and documented. In addition, we track USDA eligibility, as well as inquire about receipt of other public benefits in order to assist participants and link them to additional appropriate services.

The Pantry's allocation system, based on points per person, continues to receive positive reviews by participants who cite the quantity of food they can access and the choice they are able to use when shopping as the strongest features of the system. Center volunteers are trained to maximize participant's benefit. The use of a Center-developed "shop sheet" helps to ensure an accurate distribution, with a point system to support the shopping experience. (Attachment 2) The allocation categories continue to directly align with the USDA "Choose My Plate" (<http://www.choosemyplate.gov/>) nutrition guidelines (i.e. protein, grains, fruits/vegetables, dairy), reinforcing recipient awareness of these guidelines and building their skills to use the guidelines while "shopping" in the pantry. By organizing the Pantry shopping experience around the USDA nutrition guidelines, the program gives participants additional exposure to nutritional information and support around applying it for their family in the Pantry and in other market and shopping experiences.

In the last 12 months, the ASC continues to experience significant numbers of people using its services: it served over 21,360 meals to low-income Amherst residents, and distributed groceries to 2,237 Amherst residents in 942 households. The Center's fresh food distribution had 30,421 visits, distributing fresh produce and baked goods to visitors. Overall, the ASC saw over an estimated 49,139 visits (November 2016- November 2017) from individuals in need of food, health care, clothing, job search support, housing case management, assistance with food stamps/SNAP, health insurance, information and referral services, and a welcoming community. According to the Pantry's database, 157 recipients (unduplicated number) have identified themselves as experiencing homelessness. Individuals experiencing homelessness receive a modified pantry allocation that affords greater shopping frequency (weekly, rather than monthly) and offers an allocation that includes more prepared foods (i.e. salads, sandwiches, etc.), reflecting the recipients' particular circumstances and their lack of access to kitchen facilities.

A.Demonstrate Consistency with Community Development Strategy: This proposal is consistent with the 2018 Community Development Strategy (category 2), specifically the Center's food and nutrition programs for low-income Amherst residents through our Food Pantry and its population-specific programs, both onsite and offsite. Other Center programs that do not directly distribute food (for e.g. distribution of personal care items, diapers, clothes and household goods, free health care, job support) address food insecurity from multiple perspectives. By providing monthly groceries to low-income families, the Food Pantry meets the community service objectives to support family and individual stabilization, and economic self-sufficiency.

This proposal supports the Amherst Survival Center's (ASC) Emergency Food Pantry, it's Kids Boost program, its efforts to ensure access to healthy fresh produce in year-round monthly distributions,

its monthly Senior Mobile Nutrition Program (SMNP), and increased weekend access afforded by monthly Saturday morning houses, all of which demonstrate our commitment to the food and nutrition priority as identified in Amherst's Community Development strategy. It also supports the establishment of our pilot mobile food program, in conjunction with the Food Bank of Western Massachusetts (FBWMA), reaching residents of Southpoint Apartments in south Amherst, an identified food desert. Also, the allocation process employed by the Pantry reinforces the organization's role in disseminating nutrition education, as the allocation more directly reflects the USDA nutrition guidelines. Throughout the year, the Center augments this role with quarterly health cooking classes, using Pantry ingredients, nutrition giveaways (cookbooks, recipe distributions, etc.), to participants and nutrition tastings with the FBWMA which utilizes Pantry ingredients as well. In this way, the Food Pantry and Center programs, coupled with the Pantry shopping experience, included in this proposal are strongly compatible with the Town's Community Development strategy.

ASC's food and nutrition programs, the Food Pantry, the Senior Mobile Nutrition Program, the new mobile food program, our community meals and daily fresh food distribution programs, as well as our free walk-in health clinic, the community (free) store, and its collection of services reserved for people experiencing homelessness (private shower, self-service laundry facilities, mailbox, computer and fax access), its philosophy, mission and strategies are all consistent with, and strive to achieve, the Town of Amherst's goal: "To provide excellent, cost-effective, accessible facilities, services, and programs reflecting values respectful of our community diversity, which, through collaboration, contribute to a high quality, safe, civil, healthy, and sustainable community." (p. 8.1 <http://bit.ly/1hQHVwe>) The ASC achieves this in a convenient single location, maximizing convenience, and removing barriers to services. And, as demonstrated by the Amherst Survival Center's new programs, the organization embraces opportunities to "move" its programs to people who cannot get to the Center for food, remains eager to understand barriers to accessing its programs and try new ways to remove them and increase access to food and nutrition.

The Amherst Survival Center has a track record of successful collaboration with other service providers in order to improve access to services and reduce duplication of services. On a weekly basis the following services are available in the Center: information and referral, job support services, food stamp/SNAP application assistance with the FBWMA; vouchers from the Salvation Army; housing case management with Elliott Homeless Services; health insurance assistance from Health Care for the Homeless; clothing repair workshops with expert sewers. In addition, we collaborate with the Franklin Hampshire Career Center to hold three job fairs a year, the Town of Amherst to present an annual flu immunization clinic; Community Action for (seasonal) fuel assistance, and the League of Women Voters of Amherst for voter registration sessions and community educational events. We also collaborate with the FBWMA on a pilot monthly mobile food program; and the BagShare project on regular bag-making events. We anticipate a referral and collaborative relationship with the new John Musante Health Center when it opens in Amherst in the coming year. On-site collaborations also allow Center programs to cross-refer participants for convenient additional support. The Center's roster and schedule of these services address the Amherst Master Plan's goal to "provide community services to meet the needs of all of its residents" including "critical social support services." (p. 2.4 <http://bit.ly/1cRgxPv>)

Lastly, the ASC's development and printing of materials (in a variety of languages) informs the community of its food and nutrition services, increases access and supports program utilization. With public transportation to the Center secured, we remain committed to discovering and using new strategies to create and ensure access to the Food Pantry, and the Center overall, for Amherst residents in need.

B. Agency Information: The Amherst Survival Center (ASC) celebrated its 40th anniversary in 2016-2017. Started in 1976, it is a regional resource that connects people in need with food, health care,

wellness, clothing and community through volunteer efforts. We serve close to 6,000 people a year in over 49,130 visits, 66% of whom live in Amherst. The only organization of its kind in the area, the ASC offers an Emergency Food Pantry, Community Kitchen (daily breakfast bar and lunch, weekly dinner), Community (free) Store, drop-in Free Health Clinic, fresh food recovery and distribution, Job Search Support and Jobs Fairs, clothing repair workshops, weekly community partner social services, access to free computers and fax, weekly movies, monthly field trips and live music concerts, volunteer opportunities, bag-making sessions, a mobile food program in south Amherst, a local outreach program to support local medical providers to screen patients for food insecurity, and an extensive referral system. For people who are experiencing homelessness, the ASC makes special services available including: self-service laundry and shower facilities, private lockers, use of its post office box, a modified food pantry allocation, specific items from the Community Store. All of these services and programs are located under one roof so that the Center serves as the only agency in the area that provides comprehensive basic needs services in a single location, an easy one-stop support service for families and individuals in need. For families who are often burdened with needing to receive a variety of supports, securing so many programs in one location is often a great relief, improves access to services, and minimizes their duplication. Studies have shown that service integration “produces significant dividends in the form of reduced duplication and waste, strengthened local communities, and improved client outcomes.”¹ Integration allows us to cross-refer within the Center. A patient in the health clinic can be assessed for food insecurity and referred directly to the Food Pantry and the community meals program. A Food Pantry recipient who is not receiving food stamps/SNAP can be cross-referred to the weekly SNAP assistance hosted in the Center. A person seeking support to find employment can find interview clothing in the store. Follow-up is relaxed, informal, convenient and effective

The ASC’s approach begins with a broad definition of basic needs and a vision to reduce food insecurity in our community. Our definition includes not only food and clothing, but also health care, access to entitlements (such as health insurance and food stamps), and a supportive community. Part of the way we create this environment is by providing participants with opportunities to receive services and gain skills through volunteering themselves, as well as focused programming. Our community programming includes monthly field trips, live music performances, picnics, special meals and events. Our unique volunteer model dictates that the vast amount of services provided by the organization are delivered by volunteers, some of whom are also program recipients.

Most services are available to any individual who comes to the Center. This “low threshold” for services has been shown to increase engagement and utilization, offers greater access to needed services, and encourages use of referrals, all of which help to produce successful outcomes and high engagement rates. Self-disclosure of need can reduce the embarrassment or stigma that may result from requests for assistance. A focused effort to remove barriers and the stigma that might undermine program use is a top priority for the ASC and a goal in its 3-year Strategic Plan. The Food Pantry is the only ASC program that requires documentation in order to access its services including proof of residence since it is open to residents of 13 towns and the completed self-declaration forms that include income eligibility information. Over its 40-plus year history, the Center has repeatedly shown its capacity and interest in launching new programs, and maintaining and sustaining its existing ones.

The ASC has a strong history of meeting all reporting requirements and complying with all funding guidelines. As a successful and effective member agency of the Food Bank of Western Massachusetts (FBWMA) network, the ASC has complied with all appropriate local, state, and federal standards of operation. Since relocating to its new building in 2012, the ASC has maximized space with an eye to including more services and expanding its food and nutrition offerings. The new building is welcoming, and also increases the organization’s capacity to meet the growing nutritional needs of Amherst

¹ Hassett and Austin (1997), “Service Integration: Something old and something new,” in Administration and Social Work.

residents, while offering programs that help to meet its mission and commitment to the community. The ASC has a successful track record of reporting to the Town of Amherst on its previous CDBG funding, using these regular meetings with town staff not only to reflect on services provided but to improve service delivery and documentation for itself and to share these materials with other funded programs.

Over the past several years, the ASC has developed, implemented and evaluated several new programs that have since become part of the roster of programs regularly offered. The Food Pantry, in particular, has implemented several innovative programs, some with past CDBG support. These include:

- a personal care pantry,
- a children's diaper distribution (1,002 allocations November 2016-November 2017),
- the Kids Boost (extra food for school children in months with school vacations),
- a new allocation system,
- a modified allocation for people experiencing homelessness (allowing for greater frequency and more prepared foods),
- guaranteed fresh produce all year,
- Project HungerRX (a community outreach program to local medical providers to support them to assess their patients for food insecurity and refer them to the pantry), and
- The ASC's job search assistance program (includes job fairs, job preparation workshops and a weekly one-on-one job search assistance) helps to build self-sufficiency and brings people who may also need food pantry services into the Center for employment support. Here, too, internal cross referral helps to introduce the Food Pantry to these individuals.

Many of these Pantry programs are designed to provide anti-hunger relief for specific populations and to increase comfort using the Pantry (and other ASC programs). For example, the Kids Boost program addresses the increased hunger and demand for food resources that can result from the loss of meal benefits with school vacations. The Boost offers families with school-age children another reason to use the Pantry during six months with scheduled school vacations. As you can see in Attachment 3, we continued to meet several Amherst families who came to the Pantry for the first time as a result of the Boost. In fact, the Pantry continues to see families who are new to the Pantry registering in a Boost month. While the Boost is only available six months each year, registration in the Pantry gives these families an opportunity to receive a monthly allocation from the Food Pantry in every month.

The ASC food recovery fleet includes two vans and one box truck. The latter is critically important to the organization as it picks up its weekly food order from the Food Bank of Western MA which supplies its food and nutrition programs and stocks the Pantry shelves. The vans are needed by its food recovery crews who rescue food donations from supermarkets, local businesses and local farms for the Center's food and nutrition programs. The vehicles maximize the organization's ability to bring *more* food into the building and result in greater capacity to distribute more food to our neighbors.

Another significant measure of ASC's success comes from the testimony of program participants. When asked for their preferences on the availability of specific personal care items in summer 2017, Pantry recipients had an opportunity to share their feelings about the Pantry. Their responses included: *"I think all of you are doing a remarkable job and have great patience."* *"It has been so helpful for my family."* *"Very happy with food items."* *"It really helps me out to come once in a while when things get a bit tighter financially."* *"This place is the best place in the world. I love it here."* *"I adore the staff, the volunteers, the organization. Everybody that's involved in ASC is awesome. Good job!"* and *"This is a wonderful program I'm thankful for – which is why I skip some months when I have more cash – save the service for others."*

In past surveys, Food Pantry participants shared what the Pantry meant to them and their family. Answers included: *"It means eating well, better than I would without, due to little income."* *"I can eat 2 meals a day."* *"It's a big help in making ends meet"* *"We get healthier food options for my family."* *"It means we don't have to skip as many meals. Give us healthier options."* *"It means that we know we will*

be able to eat and save money for rent.” And “We run out of food so it helps.” Clearly, the Pantry plays an important role in the ability of Amherst residents to access nutritious food.

With a strategic goal to distribute more food through the Food Pantry allocation, the staff position of a part-time staff Pantry Assistant to manage, organize and monitor food inventory became more important. The Pantry Assistant staff position is tasked with this responsibility, as well as to oversee the generation of inventory through food collections and community drives, and the implementation of the pilot mobile program. This proposal allows the Pantry to continue to benefit from this staffing pattern. Emergency Food Pantry volunteers undertake tasks such as assisting clients, tracking program eligibility, picking up food, unloading food deliveries, stocking shelves, maintaining nutritional materials, making referrals to other ASC services, shopping with Pantry customers, weighing allocated food, and keeping the food pantry clean and orderly. In addition, they have been critical to the pilot monthly mobile program, tasked with setting up the mobile program and distributing food in it. The Pantry Coordinator, the Program Director, and the Executive Director each review Food Pantry data on a monthly basis. Kids Boost programs are reviewed weekly in each Boost month. We can now compare utilization with the prior year and assess its benefit. Special initiatives, program reporting, and participant surveys offer more opportunities to understand Pantry use and customer satisfaction. The Center’s Volunteer Coordinator offers additional support to volunteers, ensuring their adequate training and acknowledgement.

The ASC is a leader in efforts that bring together organizations to reduce food insecurity in our community. In recent years, we have led a community-wide diaper drive and awareness campaign, resulting in both a past state earmark to purchase diapers for our distribution effort and increased community awareness about the issue of diaper insufficiency and the struggles and trade-offs so many young families face. We’ve also engaged groups to collect a variety of personal care items (including feminine hygiene products) to ensure their inclusion in the monthly allocation. We also brought together other Amherst food programs into a network to support information exchange and collaboration. The Amherst Food and Nutrition Network continues to seek new ways to maximize resources to – and share information with – the community.

In 2016 the Amherst Survival Center Board of Directors endorsed a strategic plan with several goals impacting Food Pantry use (see below). Not only did the Board approve an expanded allocation (“more food”), but it also supported ongoing efforts to increase outreach to, and use by, three specific population groups: residents of housing complexes, seniors and patients referred by medical providers. Efforts to accomplish this goal are underway and will continue.

The ASC has been recognized as a model provider by local agencies and private foundations. Its Board members, staff and volunteers have also been recognized for their exemplary service and expertise. In the past several years, we have received town and community support for a new bus stop at our new location, and we have been honored to have been awarded funding and support for the Food Pantry. We have also received community support and state funding (2016) for our area diaper distribution. In 2012, our Board President was honored with the Human Service Forum annual award for excellent Board Leadership. In 2013, Tracey Levy, Program Coordinator, received the Council of Social Agencies (COSA) of Hampshire County’s Direct Service Award. In 2013 and 2017, Congressman Jim McGovern read the comments of Food Pantry participants on their experiences using the Pantry on the floor of the US House of Representatives. (See Attachment 4, 2013 Congressional Record)

With record-keeping and systems in place, appropriate staffing and a dedicated crew of volunteers, the ASC’s Food Pantry is well-equipped to meet the need for its services, to continue to respond creatively to reduce food insecurity, and to assess and implement new strategies to increase access. For 40+ years, the Amherst Survival Center has delivered its services in a respectful manner, treating those who come for support and assistance with dignity and respect, while relying on caring and well-trained volunteers as service providers. We have an unparalleled record of delivering services in an exemplary, equitable, consistent, professional, and fair manner. In recent years, Pantry program innovations have

included sustaining a diaper distribution, fresh produce and fresh milk availability, implementation of a pilot mobile monthly program in partnership with the Food Bank of Western Massachusetts, and an expanded allocation.

Our history in the community and the support we receive in the donations of funds, time and goods, our tested ability to implement daily food recovery and distribution, and our track record of success and innovation, demonstrates our strong capacity for future service delivery.

Explain your short-term goals and long-term goals: Our goals are both short-term and long-term and are informed by existing and emerging needs, and a multi-year Strategic Plan that was approved by the ASC Board of Directors in October 2016. Our goals are to reduce food insecurity in our community and increase access to our Pantry. Strategies we use to achieve this include distributing a generous and nutritious allocation of monthly groceries, increasing awareness of our services, employing efforts to increase comfort and reduce stigma around using our services, and supporting increased referrals to our program (by other Pantry recipients, local health and human service providers, and medical providers). The changing national political landscape has resulted in actions that may adversely affect safety net services and produce additional food insecurity in our community. This, in turn, will increase demand on the Food Pantry program and underscore the need for it.

Our short-term goals are to ameliorate and reduce the immediate food and nutritional needs of low-income individuals and families through our Food Pantry. As a result of continuing the CDBG-funded services in this proposal, we will:

1. Continue to submit timely quarterly reports to the Town of Amherst on all program service delivery approved for funding;
2. Continue to offer a monthly weekend opportunity to access the monthly food distribution, meeting the needs of individuals and families who cannot access the Pantry during weekday hours;
3. Offer a “Kids Boost” (extra food) in Food Pantry distributions for eligible families with school-age children (ages 5-17), representing up to an additional six to eight meals per school-age child per month in the six months that have scheduled school vacations (December, February, April, June, July, August). The Boost will help to make up for the loss of the school-based meals benefit (free/reduced lunch) that these families and children receive during that time;
4. Continue the enhanced Food Pantry monthly allocation of fifteen to eighteen meals (five to six days) per month per person and explore increasing it to seven days;
5. Continue to ensure that the Food Pantry’s monthly distributions include fresh produce by making direct purchases of fresh produce throughout the year, to augment donations from local farmers during the local growing season. This ensures extra fresh produce in every Kids Boost distribution and access to produce by Pantry recipients all year;
6. Continue the staff position of part-time Pantry Assistant to organize, manage and generate the inventory needed to meet increased food distribution and to oversee the pilot monthly mobile program in south Amherst;
7. Establish the pilot monthly mobile program as a consistent service of the Food Pantry, promote its use, and offer it monthly in partnership with the Food Bank of Western Massachusetts, in south Amherst; and
8. Develop and disseminate a food pantry customer satisfaction survey for seniors to facilitate recipient feedback on their Food Pantry experience and their nutrition priorities. In addition, we will continue to survey all new Pantry users as to how they heard about, and travel to, the pantry in our effort to continue to understand and improve access to services. We will also continue to survey participants in the pilot mobile program to understand the barriers they may face in accessing food from the Pantry directly.

Long-Term Goals

The multi-year Strategic Plan for the organization focuses on five areas, three of which involve the Food Pantry and this proposal. The Plan calls for assessment, implementation, and evaluation. A

summary of the multi-year Strategic Plan can be found in Attachment 5. The Strategic Plan's multi-year goals related to the Food Pantry are:

Area of Focus	Specific Activities	Strategic Goals
Distribute more food from the food pantry	Explore increasing to 6 and 7 days/month/per person	7 days/month/per person
Reach more people with food pantry services	Undertake efforts to increase the numbers of pantry recipients from these prioritized populations: 1) seniors, 2) residents of housing communities, 3) patients via medical referrals.	Increasing the number of individuals who use the ASC Food Program by 25%
Respond to the effects of poverty	Expand job readiness support. Undertake efforts to supply a personal care pantry in the food pantry. Offer opportunities for participants to share their stories/experiences	Linking more people to work. Establishing a reliable personal care pantry. Supporting community members to take action to move beyond a condition of need and share their experiences and expertise.

The primary goal of the Plan is to increase our organizational capacity to distribute more food to more people, and directly and significantly reduce food insecurity in our community. Strategic action steps entail increasing the monthly Pantry's food allocation, supporting an increase in the amount of food that is donated to the Center (from community food drives and collections), and increasing the number of people who use the Pantry by 25%. We will work to increase referrals to the Food Pantry from existing recipients and local health and human service providers. We will continue to support mobile food program participants to use onsite food pantry services and seek ways to increased participation by seniors. We plan to continue to survey community members about the barriers they face in accessing the Food Pantry.

This past year we surveyed Food Pantry recipients to understand their preferences for personal care items as we sought to comply with our organization's strategic goal to explore the feasibility of supplying a personal care pantry. See Attachment 6 for more information on the importance of including a Personal Care Pantry in our efforts to reduce food insecurity. In the coming year, the Center will explore and develop strategies to achieve these strategic goals, respond to recipients, and remove stigma to its use.

Evaluation: We use a variety of measures to assess use of the Food Pantry and our success in reaching these goals. We regularly review qualitative measures and demographic features of participant utilization: numbers of individuals using the program, numbers and sizes of households, numbers of new participants, referral sources, waiting time for services, ability to carry the monthly allotment home by public and private transportation, schedule of services, the consistency of volunteer coverage, the number of pounds of food distributed, the amount of food purchased and donated, the number of pounds collected through community drives and collections, the number of organizations involved in hosting food drives. We will also explore a pilot neighborhood food collection program as a sustainable source of additional food.

C. Project Budget Information: A detailed budget for the proposed program that includes program delivery and direct program costs, and include all sources of revenue and expenses is attached. It includes in-kind services (food donations) and our sources of projected funds. It does not include the in-kind services of volunteers, however. It should be noted that on a weekly basis, there are approximately 50 community members who regularly volunteer in the Emergency Food Pantry performing a range of tasks to ensure the Pantry's operations, including: picking up food from the Food Bank, unloading the

food delivery truck, stocking the Pantry shelves, organizing inventory, creating allocations, assisting Pantry shoppers select groceries, weighing food distributions, etc. There are also additional volunteers who create diaper allocations, the 10-12 volunteers who recover food donations every Monday, Tuesday, Thursday and Friday morning, and the 10-12 volunteers who deliver the food from the monthly mobile program. Food donations which are rescued each morning and brought to the Center are split between all food and nutrition programs, with the bulk being used for the daily Pantry distributions. In the coming year, we hope to launch a pilot neighborhood food collection program in Amherst to source more food; this will also entail detailed records of pounds donated through community member donations and in the future may result in additional in-kind calculations and food drive related expenses.

The ASC engages in a rigorous and deliberate budget development process that relies on best practices in bookkeeping and nonprofit management, and entails a careful review of actual costs and revenue as a foundation for projecting future (increased) costs and budget planning. The process begins in late winter/early spring prior to the fiscal year, with administrative staff diligently working with program staff in consultation with the Board's Finance Committee to identify projected costs and new programs. The Finance Committee is comprised of four voting Board members (including the Board President, Vice President, and Treasurer); four voting community members, two of whom are in the banking sectors; one is a retired bank executive, the Executive Director, and the Finance Controller. After several months of careful planning and discussion, the Finance Committee (by vote) proposes an organizational budget to the full Board for its approval in June for the upcoming fiscal year. The ability of the ASC to create a budget that not only accurately reflects expenses but also projects needed revenue is reflected in the organization's strong fiscal position, as identified in its annual audit. The organization's Strategic Plan also called on the Finance Committee to finalize an Investment Policy to continue to build organizational growth and capacity to ensure future operations and create an Investment Committee. Both of these actions were achieved in the past year.

The enclosed ASC budgets have been prepared by Kara Schnell, ASC Finance Controller and approved by the Amherst Survival Center Board of Directors. Since 2008, Kara has been responsible for all the financial transactions of the Center, from processing incoming contributions and grant awards, to accounts payable and payroll and grants reports. In 2010-2012, Kara managed the accounting for the organization's capital campaign and facility construction. She also plays a key role in the preparation of the Center's annual operating budget. She works closely with the Center's accountant during the annual audit process. As a member of the Center's Finance Committee, she routinely prepares monthly financial reports for the Finance Committee, the Board of Directors, and the Executive Director. In addition, she has prepared the financial reporting for the town of Amherst for the ASC's quarterly reporting of its past CDBG grants. Her preparation of these reports is outstanding and comprehensive. The Board of Directors reviews the financial statements for the organization at its regularly scheduled monthly meetings. The Amherst Survival Center's finance policies and procedures are a reflection of nonprofit best practices, checks and balances, and a rigorous process to ensure accuracy. The community expertise leveraged to assist the organization in the development of its budgets is a reflection of its strong position in the community.

D. Project Description: The Food Pantry provides essential nutritional support through a monthly food allocation that is distributed directly from the pantry to households in Amherst and 12 surrounding towns, or offsite thru its Senior Mobile Nutrition Program (SMNP) to low-income seniors living in the town of Amherst. The monthly grocery distribution contains canned food, grains (pasta, rice, cereal), proteins (peanut butter, canned fish/meat), soup, juice, dairy (fresh milk, cheese, eggs), prepared foods (salads, sandwiches), fresh vegetables and fruit, and bread. A range of personal care items can be selected (toothbrush, toothpaste, soap, shampoo, deodorant, toilet paper), with an allocation of menstrual products and diapers also available. Through a collaboration with Dakin, pet food is also available. The distribution can range between 40-100+ pounds, supplying 15-18 meals per person per month. Food is accessed from the Food Bank of Western Massachusetts (FBWMA), recovered from donating businesses, supermarkets or farms, collected from community drives, and purchased from a local produce vendor and dairy cooperative. The Pantry allows a single household member to register for an entire household and pick up an assortment of groceries for a family in a single monthly visit. Registration happens on the initial visit and annually thereafter and involves proof of residence for each person in the household, their ages, as well as the self-disclosure of financial need. In addition, we seek information about the registered participants, including their history of military service, student status, SNAP enrollment, etc. The monthly SMNP ensures that low-income Amherst seniors who cannot physically get to the ASC can still receive a generous allotment of pre-packaged nutritious food by delivering the pre-assembled bags of groceries directly to the Amherst Senior Center and 3 senior apartment buildings. Registration for this program happens at the ASC or with our partner, the Amherst Senior Center. We use surveys to ascertain program satisfaction, suggest improvements. In 2016-17, SNMP made 514 deliveries, bringing 14,223 pounds of food to 48 seniors. Making efforts to increase utilization of this program is planned for 2018. See Attachment 7 for additional pantry services provided by volunteers. The goal of the Food Pantry is to make nutrition available to low-income individuals and families and to reduce the food insecurity they experience. An example of a population-based Pantry program is the Kids Boost. In the Amherst Regional Public Schools, 37% of enrolled students (K-12) receive a meal benefit (free/reduced lunch). For these families, school vacations, and the loss of the meal, challenge their food security. Our Kids Boost program reduces the hunger gap that is caused for these families during the six months that have scheduled school vacations, by increasing how much food these families can access through the Food Pantry in those months. (See Attachment 3 Boost data, Attachment 3a for an article on Boost, requested by the Providers Council.) With this proposal, the ASC proposes to continue several CDBG-funded Pantry strategies: monthly weekend hours; Kids Boost to continue an expanded food distribution to families with school-age (5-17 years) children in months with scheduled school vacations; food distribution of 5-6 days (or 15-18 meals) per person/month, exploring the challenges of increasing that to seven days; continued and expanded purchase of fresh produce throughout the year (to ensure that Pantry distributions include healthy fresh produce when the growing season is over or to augment farm donations); a second Pantry staff position; and printing of marketing materials to support ASC food and nutrition programs and our efforts to increase food donations through food drives. Please see Attachment 8 to see utilization of the Saturday morning 2017 Food Pantry program (and pounds of food distributed). In 2017, the Pantry provided food for 4,258 unduplicated individuals of whom 2,237 (52.5%) were low-income (unduplicated) residents of Amherst. Among Amherst residents, 157 consumers identify as homeless, 35 households have someone with a history of military services. These are likely underestimates since they are based on self-disclosure, and many individuals choose not to respond to these questions, as well as race/ethnicity questions. Attachment 9 has additional demographic information for the Food Pantry's Amherst residents.

E. Project Need: Basic needs services like the Pantry are critical in Amherst. In its 2015 Status Report on Hunger in Massachusetts, Project Bread (a statewide anti-hunger organization) highlighted rising food insecurity in MA. According to the most recent statistics from Feeding America, the food

insecurity rate in Hampshire County is 13%, with Amherst's rate at 19.5%. Also, college students are experiencing higher rates of food insecurity and finding local pantries to meet their needs. Amherst is no different. Local colleges are considering food insecurity on their campuses and reaching out to the ASC for support. A 2009 study in the *Journal of Nutrition Education and Behavior* found 59% of college students (<http://bit.ly/LCp10Y>) had high levels of food insecurity. Contributing factors include: high food costs, limited income, rising housing costs, skyrocketing tuition, escalating student debt. The ASC continues to discuss with UMass and Hampshire College responding to hunger on their campuses. The rate of free/reduced lunch in schools provides a measure of poverty and food insecurity. In Amherst, 37% of students (K-12) receive a meal benefit, reminding us of the extent of food insecurity and the compelling need to offer struggling families food programs that address their struggles. The Economic Policy Institute has reported at the US poverty level, the full range of basic needs, including food, clothing, shelter, transportation, health care and child care, remains unaffordable.² Research shows that a single parent with two children typically needs to earn \$18.36/hour full-time to provide for the family's basic needs. Yet the Massachusetts minimum wage is \$11.00/ hour (1/1/17), and the federal minimum wage is only \$7.25/hour.³ In the Pioneer Valley Planning Commission's 2013 State of the People report, Amherst was listed as 1 of 5 communities in the Valley to have poverty rates above 20%, along with Springfield and Holyoke. Level of income inequality is another indicator for food insecurity. Here, too, Amherst earns a top rating. Reduced buying power, the prevalence of food deserts, and increasing housing costs force families to cut corners on nutrition with adverse health consequences. This is especially true of the vulnerable population served by the ASC, which includes children, the elderly, people suffering from mental illness and the homeless. Many studies have shown that rates of illness and lower life expectancies in the United States fall disproportionately on the poor and are attributed, in part, to lack of access to affordable nutritious food. Access to nutritious food are key factors in improving health outcomes (Attachment 15). Seniors are also at risk. See Attachment 10 for information on seniors and ASC's SMNP. Started in February 2017, the ASC Food Pantry's pilot monthly mobile program offers direct offsite access to produce. See Attachment 11 for information on the Mobile's impact in its first 11 months. ASC Food Pantry increases access to healthy food, its other nutrition programs multiply that access. Through a collaboration with other local food programs, the ASC maximizes resources, prevents duplication of services, increases access to food. The ASC creates a nutrition safety net in our community; the Food Pantry, and its programs, is an essential thread.

F. Community Involvement and Support: Surveying participants on their program satisfaction and challenges, combined with reviewing program data keeps ASC programs rooted in real need. We are committed to provide ongoing feedback opportunities for recipients and to make sure they have an opportunity to offer critical feedback on program delivery and new services. Surveys offer opportunities to share their experiences, identify program strengths, describe emerging needs, suggest improvements. Staff uses surveys to evaluate our performance and understand ongoing barriers. At Pantry check-in, staff asks new registrants how they learned about our services to understand what referral sources are successful. We will continue to survey Pantry participants. Pantry volunteers also participate in "Make It Better" meetings to identify program improvements. The ASC has a current roster of 232 volunteers each week: 20% work directly in the Pantry, 5% are on the food recovery team which brings food donations daily to the pantry, 5% assist with the weekly food delivery to the Senior Center, and 4% on the mobile. Of the volunteers in Food Pantry programs, 70.9% live in Amherst. ASC offers Amherst residents an opportunity to strengthen food security in their community and support their neighbors. The commitment of Amherst residents to

² Bernstein, Brocht and Spade-Aguilar (2000), How Much is Enough? Basic Family Budgets for Working Families; Economic Policy Institute <http://bit.ly/1i2pnys>; Feeding America "In Short Supply" <http://www.feedingamerica.org/hunger-in-america/our-research/in-short-supply/in-short-supply-executive.pdf>.

³ National Center for Children and Poverty, Columbia University

prioritize the Pantry is shown by their contributions of time, funds and goods, helping to make new Pantry programs successful, and past town approval of funds. Community drives supply the pantry with fresh milk, food and personal care items and rely on Amherst individuals, organizations and clubs, further demonstrate this support. See Attachment 12 for a listing of community events in 2017.

G. Project Feasibility: The ASC has provided food and nutrition services for 40+ years and the Pantry and SMNP are essential components of its services. The ASC has a strong track record in developing effective programs that meet the needs of our low-income neighbors in ways that are feasible, successful, increase access, reduce stigma, and do not duplicate services thereby efficiently maximizing community resources. Demand: responses to a customer satisfaction survey document individuals' reliance on the Pantry. Food insecurity data points to local need. The MA Department of Transitional Assistance College reports that in October 2017 the Amherst SNAP caseload was 1,677 individuals. College officials have expressed concerns about a growing need on campus. Pantry registration data confirms need by residents. Identify and describe the solicitation process: recipients bring proof of residence for each person in their household, complete self-disclosure form, and begin to receive services. Staffing Roles & Responsibilities: Executive Director: oversees organizational management, community outreach, program assessment, public information; Program Director: oversees program logistics; Pantry Coordinator: oversees pantry operations; Pantry Assistant: manages and generates food inventory and oversees Mobile Food Program; Finance Controller: develops Pantry budget, oversees billing and invoices; Volunteer Coordinator: recruits, trains, schedules volunteers. ASC staff work with 50 Pantry volunteers each week, some of whom are Pantry recipients. The Pantry has grown to a model operation serving 4,258 individuals a year. ASC has demonstrated expertise in completing past activities and reporting with CDBG funding in a timely manner. Project milestones and timeline: Funding will allow for the immediate continuation of existing CDBG-funded programs: monthly weekend hours, Kids Boost, expanded food distribution, purchase of fresh produce, and appropriate staffing. Specific marketing materials to promote Pantry use and food drives will be developed and printed in English, Spanish, (some needed translation in Portuguese and Mandarin). More details in Attachment 13.

H. Project Impact: A significant impact of this program is that fewer people will be hungry in Amherst and food insecurity will be reduced as a result of the ASC efficiently and fairly distributing more food to low-income households. Numerous studies confirm that "persons who had access to and used a wide variety of free food sources such as soup kitchens [and] pantries that give free groceries..."⁴ were significantly better nourished than those without those resources. We propose to continue CDBG-funded food and nutrition programs. In 2017, the ASC continued to strategically maximize its use of (free) USDA food from the FBWM for Food Pantry recipients. With increased sourcing from USDA and expanded storage, Pantry recipients benefitted. See Attachment 14 for a table on the project's impacts. Indirect outcomes include increased economic and food security, and enhanced self-sufficiency. See Attachment 14 and 14a for goals and measures. ASC routinely collaborates with other organizations and providers, see Attachment 16.

⁴ Gelberg, Stein and Neumann (1995), "Determinants of Undernutrition Among the Homeless," in Public Health Reports 110(4): 448-454.

**Amherst Survival Center
FY19 Pantry Program Budget**

	Amherst 52%	Non-Amherst 48%	Total
Income			
Town of Amherst	\$ 65,000	\$ -	\$ 65,000
United Way of Hampshire County	\$ 10,000	\$ 10,000	\$ 20,000
United Way of Franklin County	\$ -	\$ 3,000	\$ 3,000
Individual Contributions	\$ 19,640	\$ 58,860	\$ 78,500
MAV Foundation	\$ -	\$ 5,000	\$ 5,000
Contributions to BOOST	\$ -	\$ 5,000	\$ 5,000
Florence Bank Community Choice Award	\$ -	\$ 3,500	\$ 3,500
Project Bread	\$ -	\$ 2,000	\$ 2,000
Total Income	\$ 94,640	\$ 87,360	\$ 182,000
Expenses			
Personnel			
Pantry Coordinator	\$ 19,422	\$ 17,928	\$ 37,350
Pantry Assistant	\$ 7,826	\$ 7,224	\$ 15,050
Replacement Coordinator/Assistant	\$ 2,028	\$ 1,872	\$ 3,900
Volunteer Coordinator	\$ 1,768	\$ 1,632	\$ 3,400
Program Director	\$ 2,548	\$ 2,352	\$ 4,900
Executive Director	\$ 663	\$ 612	\$ 1,275
Subtotal	\$ 34,255	\$ 31,620	\$ 65,875
Payroll Taxes and Benefits 20%	\$ 6,851	\$ 6,324	\$ 13,175
Work-Study Students	\$ 1,040	\$ 960	\$ 2,000
Total Personnel	\$ 42,146	\$ 38,904	\$ 81,050
Food and Supplies			
Food Purchases	\$ 27,810	\$ 25,670	\$ 53,480
Personal Care Pantry	\$ 5,200	\$ 4,800	\$ 10,000
Senior Mobile Pantry Outreach	\$ 1,768	\$ 1,632	\$ 3,400
Supplies-Produce Bags	\$ 481	\$ 444	\$ 925
Office Supplies & Printing	\$ 208	\$ 192	\$ 400
Transportation	\$ 2,600	\$ 2,400	\$ 5,000
Equipment Repair	\$ 1,560	\$ 1,440	\$ 3,000
Total Food and Supplies	\$ 39,627	\$ 36,578	\$ 76,205
Capacity Building			
Equipment Purchases	\$ 520	\$ 480	\$ 1,000
Capacity Building Total	\$ 520	\$ 480	\$ 1,000
Overhead 15%	\$ 12,348	\$ 11,398	\$ 23,745
Total Expenses	\$ 94,640	\$ 87,360	\$ 182,000
Net Income	\$ (0)	\$ (0)	\$ 0
In Kind Goods: Food Donations	\$ 73,140	\$ 64,860	\$ 138,000

Survival Centers, Inc.
Profit & Loss
July 2016 through June 2017

Jul '16 - Jun 17

Ordinary Income/Expense

Income

4000 • Contributions/Donations	462,921.54
4080 • Planet Ald Partnership Program	1,272.16
4100 • Private Grants - Unrestricted	139,687.41
4200 • Private Grants - Restricted	37,100.00
4300 • Public/Government Grants	62,854.51
4400 • Fundraising Special Events	67,290.82
4500 • Interest Income	3,496.03
Total Income	774,622.47

Expense

5000 • Payroll Expenses	428,791.27
5225 • Recruitment and Training	2,729.99
5250 • Professional Fees	7,800.00
5300 • Office Supplies	4,600.68
5350 • Insurance	7,325.75
5400 • Telephone and Internet	3,924.31
5455 • Computer and Software Expense	6,286.09
5500 • Program Activities & Supplies	70,815.90
5606 • Occupancy - 138 Sunderland Rd	66,320.38
5620 • Depreciation Expense	88,809.00
5680 • Repairs & Maintenance - Equip.	2,631.34
5685 • Leased Equipment Expense	2,455.20
5800 • Auto/Travel	7,499.54
5870 • Outreach and Fundraising	20,691.27
5890 • Miscellaneous	6,890.59
Total Expense	727,571.31

Net Ordinary Income 47,051.16

Other Income/Expense

Other Income

4550 • Investment Income	7,038.19
4750 • Rec'd Gains/Losses on Invest	5.00
4800 • Unrec'd Gains/Losses on Invest	23,440.00
4900 • In-Kind Revenue	881,528.79
Total Other Income	912,011.98

Other Expense

5610 • Investment Expense	3,448.36
5900 • In-Kind Expense	881,528.79
Total Other Expense	884,977.15

Net Other Income 27,034.83

Net Income 74,085.99

Survival Centers, Inc.
Profit & Loss Budget Overview
July 2017 through June 2018

	<u>Jul '17 - Jun 18</u>
Ordinary Income/Expense	
Income	
4000 · Contributions/Donations	446,150.00
4080 · Planet Aid Partnership Program	1,275.00
4100 · Private Grants - Unrestricted	132,500.00
4200 · Private Grants - Restricted	66,300.00
4300 · Public/Government Grants	56,000.00
4400 · Fundraising Special Events	69,000.00
4500 · Interest Income	2,000.00
Total Income	<u>773,225.00</u>
Expense	
5000 · Payroll Expenses	485,268.79
5225 · Recruitment and Training	2,925.00
5250 · Professional Fees	7,800.00
5300 · Office Supplies	4,750.00
5350 · Insurance	9,950.00
5400 · Telephone and Internet	4,380.00
5455 · Computer and Software Expense	6,929.00
5500 · Program Activities & Supplies	80,900.00
5606 · Occupancy - 138 Sunderland Rd	67,492.00
5620 · Depreciation Expense	65,000.00
5680 · Repairs & Maintenance - Equip.	2,000.00
5685 · Leased Equipment Expense	2,455.21
5800 · Auto/Travel	9,900.00
5870 · Outreach and Fundraising	20,300.00
5890 · Miscellaneous	6,875.00
Total Expense	<u>776,925.00</u>
Net Ordinary Income	-3,700.00
Other Income/Expense	
Other Income	
4550 · Investment Income	7,000.00
4900 · In-Kind Revenue	1,050,000.00
Total Other Income	<u>1,057,000.00</u>
Other Expense	
5610 · Investment Expense	3,300.00
5900 · In-Kind Expense	1,050,000.00
Total Other Expense	<u>1,053,300.00</u>
Net Other Income	<u>3,700.00</u>
Net Income	<u><u>0.00</u></u>

Survival Centers, Inc.
Amherst Survival Center
Board of Directors
Fiscal Year 2018

The Board of Directors meets the 2nd Monday of each month at the Amherst Survival Center at 5:30pm.

J. Lynn Griesemer, President

(2013-2019)
83 Flat Hills Road
Amherst, MA 01002
413-530-3629
lgriesemer@donahue.umass.edu
Associate Vice President for
Economic Development, UMASS
President's Office &
Executive Director, UMASS
Donahue Institute

Theodore Parker, Vice President

(2013-2019)
31 Campus Plaza Road
Hadley, MA 01035
413-256-0321
tparker@kohlconstruction.com
President, Kohl Construction

Robert Brainin, Treasurer

(2012-2018)
71 Mill Lane
Amherst, MA 01002
413-835-0235
rfbrainin@gmail.com
Chief Financial Officer, Way
Finders

Chris Howland, Clerk

(2016-2019)
669 North Pleasant Street
Amherst, MA 01003
W: 413-545-5385 C: 978-853-4101
chowland@umass.edu
Director, Purchasing/Marketing,
UMass Auxiliary Enterprises

William Clement

(2012-2018)
(Chair of Governance)
21 High Point Drive
Amherst, MA 01002
413-835-0110
williec57@gmail.com
Professor of Geophysics

Nicholas DiCaprio

(2014-2020)
26 Hale Street
West Springfield, MA 01089
508-828-0031
ndicaprio@comcast.net
ndicaprio@berkshirebank.com
Branch Officer/Assistant Vice
President, Berkshire Bank
Owner, High Horse Brewing and
Moan and Dove Restaurants

Naz Mohamed

(2012-2018)
8 Algonquin Drive
Hadley, MA 01035
413-478-0378
Naz53@charter.net
Early Childhood Educator
Secretary, Hampshire Mosque

Maria-Judith Rodriguez

(2016-2019)
234 Heatherstone Road
Amherst, MA 01002
413-658-4387
mariajudith@ymail.com
Chief Human Resources Officer,
Amherst College

Manju Sharma

(2012-2018)
25 Pondview Drive #A
Amherst, MA 01002
413-545-2735
msharma@cns.umass.edu
Researcher, UMASS

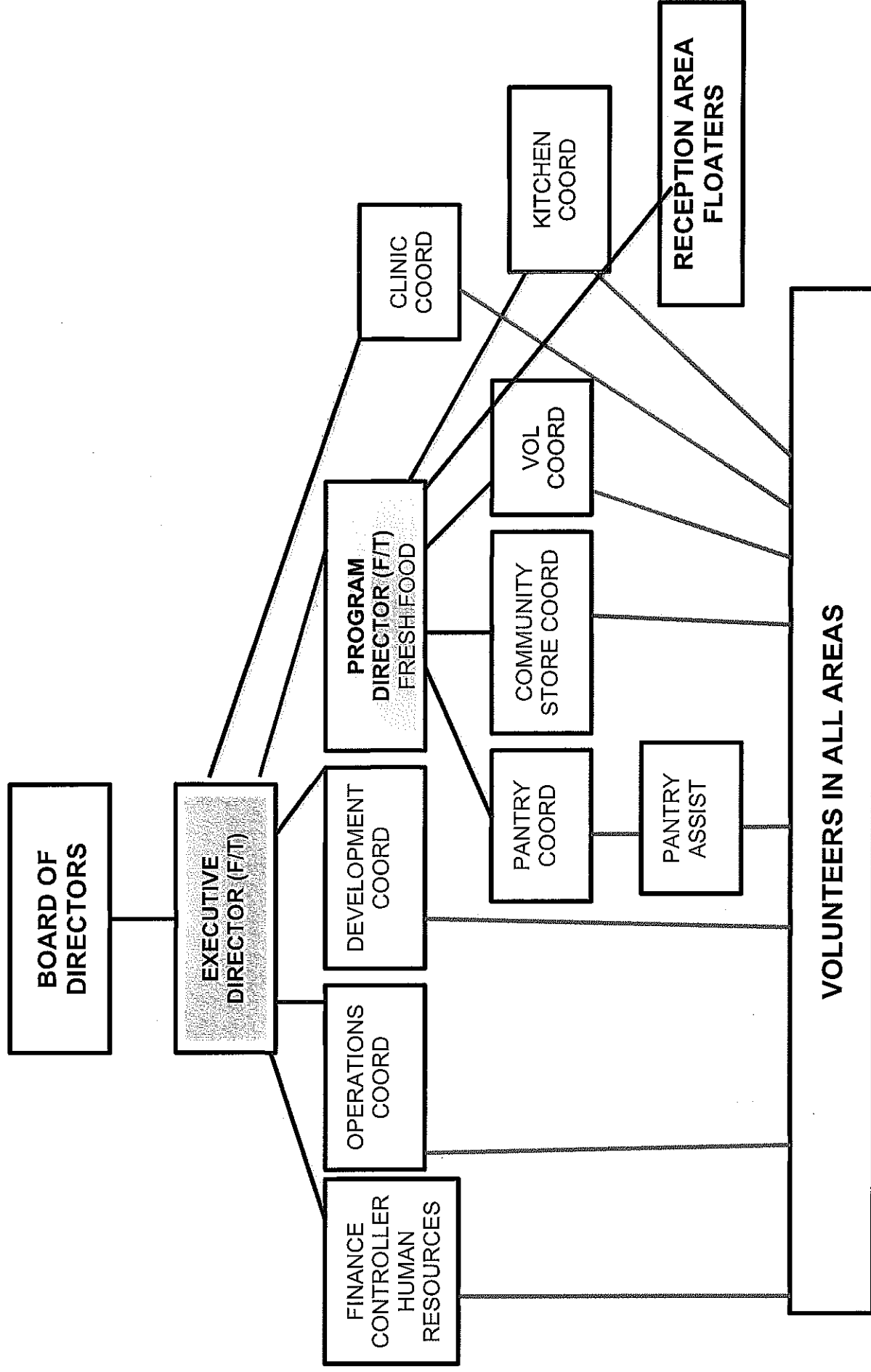
Barbara White

(2016-2019)
39 Main Street
Montague Center, MA 01351
Day: 413-367-2101
Cell: 413-230-4485
Beloki1943@gmail.com
Owner, Blue Heron Restaurant
and Catering

Steven Wilco

(2016-2019)
62 Pine Grove
Amherst, MA 01002
Day: 413-549-0322
Cell: 413-658-4222
pastor@immanuel-amherst.org
Pastor, Immanuel Lutheran Church

AMHERST SURVIVAL CENTER ORGANIZATIONAL CHART



Letters of Support

Amherst Survival Center

The Food Pantry regularly asks participants to share what the program means to them and their families, and to write these comments on paper plates. “Voices from the Food Pantry” is an advocacy project of the Amherst Survival Center and helps the organization meet its strategic goal of offering opportunities to program participants to share their experiences. The ASC shares these paper plates with our Member of Congress, Jim McGovern who uses them in his work to bring voices from his district to the halls of Congress. Attached is a selection of the plates, which we consider letters of support.

The Food Pantry makes it possible for my kids to go to school with plenty. They can bring in snacks for "donations" which are required and not feel insecure around having enough to eat.

Food Pantry is
great. Very helpful
for a single mom of 4
kids when food stamps
run low. People who work
here are fantastic as well!

~~Thank You~~

ASC
Pantry

A black and white photograph of a compact disc (CD) with handwritten text in the center. The CD's reflective surface and radial grooves are visible. The text is written in a casual, cursive style.

The
Food Pantry
means healthy
meals on the
table

The penting is

ESSENTIAL

to our Community!

ESSENTIAL!!!

• Diversity • food • connection •
• safe space • hope • clothing

It means there
is food every
night.

ASC helps us in times of
need and transition. We would
not be able to afford our house
and groceries this month without the
support of the Center. I look forward
to a time when we can also support the
Center.

Thanks to the
A.S.C. we don't have
to eat tiny unhealthy
portions.



Thanks

The food Pantry
means a lot to
my family. Being a
Single mom of 4 kids
I don't know how
I would have survived
without the Pantry
Thanks for being family.
there for me & my family.

I'm so
thankful for the
Survival Center Amherst
When I can't make ends
meet it's graceful to know
I can come here. I really
appreciate this place.

Thank You.

Ana

It's has been
a huge support
for my family. I appreciate
the baby food and items
I get here.

Helps ME Extra
Food That I can't
Afford To Buy
Thank you very
much xoxo

Attachments Supportive Documentation

Community Development Block Grant
Application of the
Amherst Survival Center
138 Sunderland Road
PO Box 9629
North Amherst, MA 01059

January 2018

Amherst Survival Center, Attachments, January 2018

Attachment 1 Self Disclosure Form

**Amherst Survival Center
CDBG Self Declaration Form**

Date: _____

First Name _____ Middle Initial _____ Last Name _____

Address: _____ Town: _____

Phone Number: _____ Gender (circle): Male Female Transgender

Marital Status:	Non-Cash Benefits. Do you receive any of the following?
<input type="checkbox"/> Single	<input type="checkbox"/> SNAP benefits
<input type="checkbox"/> Married	<input type="checkbox"/> MassHealth
<input type="checkbox"/> Separated	<input type="checkbox"/> Commonwealth Care
<input type="checkbox"/> Divorced	<input type="checkbox"/> Fuel Assistance
<input type="checkbox"/> Widowed	<input type="checkbox"/> WIC
<input type="checkbox"/> Domestic partnership	<input type="checkbox"/> Other _____
<input type="checkbox"/> Other _____	

1. Circle the number of people in your family below.
2. Under your family size, please circle the amount which shows the income you (anyone in your household, including dependents over 18 years old) earned LESS THAN.

1	2	3	4	5	6	7	8
\$17,500	\$20,000	\$22,500	\$24,950	\$28,440	\$32,580	\$36,730	\$40,890
\$29,150	\$33,300	\$37,450	\$41,600	\$44,950	\$48,300	\$51,600	\$54,950
\$44,800	\$51,200	\$57,600	\$64,000	\$69,150	\$74,250	\$79,400	\$84,500

Providing the following information is **optional**. However, data is needed for statistical purposes.
Thank you for considering completing this information.

Check Mark please	Race
<input type="checkbox"/>	White
<input type="checkbox"/>	Black/African American
<input type="checkbox"/>	Hispanic
<input type="checkbox"/>	Asian
<input type="checkbox"/>	American Indian/ Native American
<input type="checkbox"/>	Native Hawaiian/Other Pacific Islander
<input type="checkbox"/>	American Indian/Alaskan Native
<input type="checkbox"/>	Hispanic and White
<input type="checkbox"/>	Asian and White
<input type="checkbox"/>	Black/African American and White
<input type="checkbox"/>	Other / Not Applicable

Please circle what applies to you:

Self Employed

Female head of household

Disabled

Elderly (60 years +)

Student

I, _____ certify that the information I have given in this application is true and correct.

Signature: _____ Date: _____

Attachment 2

Amherst Survival Center Food Pantry materials

Amherst Survival Center Food Pantry Points System

Since our allocation is based on points per person, the person who signs in a program participant completes a shop sheet (see next) based on the size of their household.

Points per Household

HH Size	1	2	3	4	5	6	7	8	9	10	11	12
USDA	1	1	1	1	2	2	2	2	2	3	3	3
Fresh Veggies	4	8	12	16	20	24	28	32	36	40	44	48
Canned Veggies	4	8	12	16	20	24	28	32	36	40	44	48
Protein	3	6	9	12	15	18	21	24	27	30	33	36
Kid Snacks	2 per child											
Miscellaneous	1	2	3	4	5	6	7	8	9	10	11	12
Grains	5	10	15	20	25	30	35	40	45	50	55	60
Hygiene	1	2	3	4	5	6	7	8	9	10	11	12
Bonus	1	2	3	4	5	6	7	8	9	10	11	12
Fresh Fruit	5	10	15	20	25	30	35	40	45	50	55	60
Milk	2	2	2	4	4	4	6	6	6	6	6	6
Cheese	1	1	2	2	3	3	4	4	4	4	4	4
Eggs	1	1	1	2	2	2	3	3	3	3	3	3
Cold Prepared	1	2	3	4	5	6	7	8	9	10	11	12
Frozen Prepared	1	1	1	2	2	2	3	3	3	3	3	3
Frozen Meat	1	1	2	2	3	3	4	4	4	4	4	4
Bread	1	1	1	1	1	1	1	1	1	1	1	1

Attachment 2

Amherst Survival Center Food Pantry materials

Amherst Survival Center Food Pantry "Shop Sheets"

These shop sheets are completed using the points per household sheet in advance of shopping. Volunteers use these shop sheets to ensure that program participants are offered the full benefit of their pantry allocation. The shop sheet also is used to track special distributions (diapers, etc.) and pounds distributed.

Full Pick Up Shop Sheet	Partial Pick Up Shop Sheet	Ready-to-Eat Shop Sheet																																																																																																										
Used by most recipients.	Used by recipients who may not be in a position to carry a full allocation home either because they rely on public transportation or experience a disability.	Used by recipients who are experiencing homelessness or who do not have access to full kitchen (stove/oven) or access to refrigeration.																																																																																																										
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Attachment 3

Kids Boost numbers 2017

KIDS BOOST January 2017 - December 31, 2017

	# Households	# NEW* Households	# kids **	Extra food representing # meals
1. Feb 2017	167	22	337	1348
2. April 2017	216	11	393	1572
3. June 2017	247	13	458	1832
4. July 2017	238	18	435	3480
5. Aug 2017	241	19	449	3592
6. Dec 2017	297	21	578	2312
Totals	1,406	104 (7.3%)	2,650	14,136 (10.8% increase over prior year)

Kids Boost - Amherst Unduplicated Numbers

Number of households (families) receiving Boost, 2017: 165

Number of Amherst school-age children benefitting from the Boost program: 289 children

Reminders:

- The Food Pantry is a monthly program. Eligible families can come every month for groceries. The numbers in the chart above include duplicated individuals and households.
- * New Households: this number shows us how many of the Boost households in each month were new to the Pantry (i.e. their Boost participation in that month coincided with their first visit to the Pantry). The Boost is designed to be a “magnet program” and attract families with school age children. The number of new families (104) indicates that the Boost is meeting this goal.
- ** Number of Kids is a duplicated number, i.e. households can use the Pantry every month, and many use it frequently. Given the rationale for the Kids Boost Program, the ASC encourages Boost families to use the Pantry during every Boost month.

Attachment 3a

THE PROVIDER

Vol. 36 - No. 7

Celebrating 40 years of serving the human services provider community

Summer 2015

VIEWPOINTS FROM ACROSS THE STATE

Food program gives kids a 'Boost' when they're not in school

By Mindy Domb

Last summer the Amherst Survival Center launched a new program for children in our Food Pantry. We called it a Kids Summer Boost, and designed it to be an additional distribution for families in our food pantry who have school-age children (ages 5-17). We wanted the Boost program to offer these families additional food for each school-age child during their summer vacations in July and August. It was meant to help close the meals gap that can happen during periods when their school meal benefit (breakfast and/or lunch) is not available.

Inspired by data provided by the Amherst regional school system, which showed 50 percent of incoming kindergarteners are eligible to receive a meal benefit and that Amherst does not have a summer meals program, we knew serving these families was an opportunity to address the increased food insecurity they may face during the summer vacation. It was also an opportunity to promote the Food Pantry's availability to eligible families.

The Amherst Survival Center's Food Pantry is available to eligible individuals and families once a month. In that monthly distribution, they receive food for about 3-5 days per person. The goal for the Summer Boost distribution was to provide food for an additional six meals per child per month. We knew it would not close the meals gap, but it would help. Our Food Pantry created a process for Boost-eligible families to receive their distribution in a seamless and inconspicuous manner that allowed Boost and non-Boost families to shop side by side.

In the summer of 2014, our first Boost served 444 families and distributed food to 797 school-age chil-

dren, representing 4,782 additional meals. Of those families, 21 (5 percent) were new to the Food Pantry, and since that time are now able to use the Food Pantry during the year as part of their safety net, even in months without school vacations.

In that first summer, we asked Boost participants to tell us what the program meant for their families. Responses included:

- *"Boost really is a lifesaver."*
- *"The Boost summer program is a wonderful help to our family of five. It makes it so we can have a variety of healthy foods and nice well-rounded meals at the table."*
- *"My budget goes up during the summer. As a result, I have less money for food!"*
- *"A boost in the summer is just what we needed! Thank you!"*

Whether we assess it by the results or by the need for it, last summer's Boost was a huge success. It started us wondering...

Though July and August were the most obvious months to have a school vacation Boost, we began to consider the impact of the other school vacations that happen during the school year. For families who rely on school breakfast and/or lunch, every school vacation increases economic pressure. And so, recognizing the food insecurity these families confront during any school vacation, we expanded the Boost to include every month with a scheduled school vacation (December, February, April and June). Vacations in these months were only a week (vs. July and August's month-long gap) so the Boosts in these months could be somewhat smaller than the summer Boost.

Our service numbers for these Boost months were

impressive and reaffirmed the value and importance of the program. Last December, 219 households (422 children) received extra meals through Boost, including 14 that were new to the Food Pantry. This represented 1,688 additional meals. In February, it was 134 households (15 new) and 251 children for an additional 1,004 meals. And in April, 167 households (13 new) with 313 children received 1,252 additional meals. Overall during the FY '15 school year, the Food Pantry saw a rise in families receiving assistance that was specifically attributed to their Boost participation.

Throughout the year, families with school-age children are always welcome to register for the Food Pantry, have lunch and/or pick up fresh produce at the Amherst Survival Center. The Boost is an additional program recognizing that, for many families in our community, school vacation periods are neither relaxing nor fun. For too many families, the loss of breakfast or lunch provided in school to their child(ren) becomes an additional expense and they have no way to meet it. The Boost addresses this reality.

This summer and in the coming school year, the Amherst Survival Center will continue the Boost, hopefully reaching more families and feeding more children. By bringing families into the Center for a Boost distribution, families will also become acquainted with our other food and nutrition programs, further strengthening their safety net as they need it. Creating programs that address the real needs of families in our community will continue to challenge and inspire us.

Mindy Domb is the executive director of Amherst Survival Center.

SUMMER 2015 ■ THE PROVIDER ■ PAGE 5

Attachment 4

Congressional Record, Congressman Jim McGovern (2013)

November 14, 2013

CONGRESSIONAL RECORD—HOUSE

H7057

I have joined 40 Members of Congress in a friend of the court brief filed this week that urges the court of appeals to obey the Constitution and declare the Affordable Care Act taxes unconstitutional because they violate the Origination Clause.

On October 8, 2009, the House of Representatives passed H.R. 3690, the Service Members Home Ownership Tax Act, a six-page bill. H.R. 3690 raised no taxes or revenue of any kind. To the contrary, H.R. 3690 cut taxes for veterans buying homes.

The Senate took H.R. 3690, deleted its substantive provisions and substituted a six-page bill with a 2,074-page bill, commonly referred to as ObamaCare, that raised roughly \$50 billion a year in new taxes, making it one of the largest tax increases in the history of America.

None of these ObamaCare tax increases were in the original House bill. Hence, all of these new tax increases originated in the Senate, not the House, thereby violating the Origination Clause requirement that tax increases originate in the House.

The Origination Clause was subject to significant debate during America's 1787 Constitutional Convention. Massachusetts convention delegate and America's fifth Vice President, Elbridge Gerry, stated that the Origination Clause was "the cornerstone of the accommodation" of the Great Compromise of 1787 that persuaded a majority of the States to ratify the Constitution.

Stated differently, but for the Origination Clause, there would have been no Constitution and no United States as we know it. The Origination Clause was that important.

Virginia Delegate and coauthor of our Bill of Rights, George Mason, explained opposition to Senate tax originations when he declared:

The Senate did not represent the people, but the States in their political character. It was improper, therefore, that it should tax the people. Again, the Senate is not like the House of Representatives chosen frequently and obliged to return frequently among the people. They are chosen by the States for 6 years, will probably settle themselves at the seat of Government, will pursue schemes for their aggrandizement, will be able by wearing out the House of Representatives, and taking advantage of their impatience at the close of a long Session, to extort measures for that purpose.

Mr. Speaker, America's Founding Fathers did not trust the Senate to originate and raise taxes because Senators sat unchallenged for 6 years, the greater part of a decade, and were too insulated and unaccountable for the taxes they forced on American citizens.

Mr. Speaker, no American court in history has ever upheld the constitutionality of taxes under the circumstances presented by ObamaCare. Doing so now would undermine and nullify the letter and spirit of the Origination Clause in a Constitution that has served America so well for so long.

Mr. Speaker, every Federal judge and justice took an oath to defend, protect, and uphold our Constitution. If these judges will put their partisanship and egos aside, if these judges will apply the Constitution as it is written and intended, if these judges will simply honor their oath of office, then ObamaCare will be declared unconstitutional because it violates the Origination Clause, and America's dangerous and failing experiment with socialized medicine will have ended. ObamaCare will be dead, and quality health care for Americans will survive.

HUNGER IN AMERICA

The SPEAKER pro tempore. The Chair recognizes the gentleman from Massachusetts (Mr. MCGOVERN) for 5 minutes.

Mr. MCGOVERN. Mr. Speaker, last Wednesday, I had the privilege of joining Monte Belmonte, who is a radio host at WRSE in Northampton, Massachusetts, on a 26-mile walk to raise awareness about the issue of hunger and to raise money for the Western Massachusetts Food Bank. It was an incredible experience. My legs are sore, but it was inspiring to be part of that march.

For the entire 26 miles we were joined by a diverse group of people, people like Bill Stapleton, who is the president of the Northampton Cooperative Bank; Andrew Morehouse, who is the director of the Western Massachusetts Food Bank. We were joined by Dan Finn of Pioneer Valley Local First and a fellow named Sean Berry, who runs Four Season Liquor Store in Hadley.

Along the way, various people joined us for part of the march. We met with school groups along the way. We even marched along with a group called Mutton and Mead, who put on a medieval festival every year in western Massachusetts.

And as we marched, people would stop their cars to offer their support and offer some money; but they would also tell us stories about people they knew who are hungry in our community. Young kids in schools, some of them who marched with us, told us stories about how they had seen firsthand hunger. Some of them raised money to support the march.

We also stopped at a place called the Amherst Survival Center. It is a food pantry, a place for low-income people to get clothes, sometimes medical advice, sometimes counseling. And when we stopped there, the director handed me a bunch of plates, paper plates, where people who go to the Amherst Survival Center, and some people who work there, wanted to send a message to me and to Congress.

I want to read some of these plates. This one says:

Try going hungry. Hunger hurts. The pantry provides.

This one is:

I read the news about SNAP and I am afraid my family will go to bed hungry. How is this possible?

Another person wrote:

I think everyone has a right to healthy food, which is why the pantry is so important.

Linda wrote:

Dear Congress, please help us who need the help. I didn't think I would ever be like this.

This person wrote:

No SNAP, no food.

This person wrote:

I work and I am seeking more work. My husband works. It is not enough.

"Dear Congress, access to affordable food is a basic human right," signed by Shelley.

"What's for dinner? Nothing without the pantry," wrote Emily.

Working in the pantry has opened my eyes to see all the wonderful people struggling in the community.

Dear Congress, we need your help. Blessings.

Food stamps help American agriculture.

Hunger and homelessness in America?

I could go on and on and read some of these plates, and the reason why I am doing this is because we are so inundated with facts and figures and statistics that somehow I think we have lost our ability to feel them.

These are real people. These are real people who are struggling, real people who are working with struggling families. They deserve a voice. And one of the things that people are concerned about is Congress making their lives worse.

We are considering a farm bill; and in the House version of the farm bill, there is a \$40 billion cut in SNAP—3.8 million people would lose their benefits. Hundreds of thousands of kids would no longer have access to free breakfast and lunch at school; 170,000 veterans would lose their benefits.

Mr. Speaker, we can do so much better. One of the things we are here for is to help the people like those who go to the Amherst Survival Center. One of the things that we are here for is to respond to the concerns that we heard along the way as I marched with Monte Belmonte and his crew.

You know, it is nice that this march was a success and they raised a lot of money for the Western Massachusetts Food Bank, but it is not enough. These food banks and these food pantries are at capacity. We can't make things worse.

Surely in the richest country in the history of the world we can do better. We can end hunger.

So, Mr. Speaker, I would urge all my colleagues, as we start to consider the farm bill, please do not support a farm bill that makes more people hungry. Let's do the right thing. This is a problem that we can solve.

Again, I want to thank Monte Belmonte and all the people at WRSE and Northampton for their compassion, for their activism, for helping people in need; but we need to be inspired by people like those who marched with me from Northampton to Greenfield, and we need to do the right thing.

Attachment 5

Amherst Survival Center Summary Multi-Year Strategic Plan

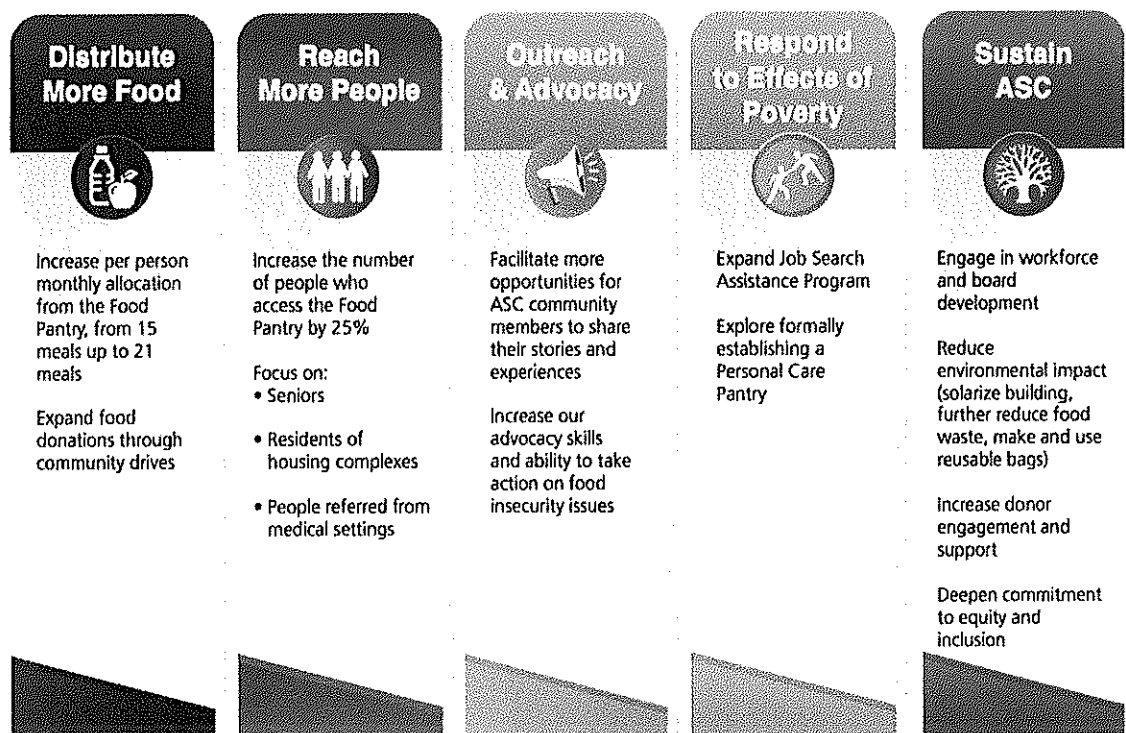
Endorsed by the Amherst Survival Center Board of Directors, October 10, 2016

Strategic Direction

The Amherst Survival Center engages the community to reduce the effects of food insecurity in our neighbors. We are committed to creating an environment where people can move beyond a condition of need, and where everyone can share resources, information, concerns, experiences and expertise. We foster and celebrate a community where we accept, support and rely upon one another.

Ten-Year Goal

Community members in the Amherst area are nourished, visible, respected and offered opportunities to contribute in meaningful ways to support the community. Throughout the Amherst area, the Amherst Survival Center will be well-known, its programs will be easily accessed and welcoming for all.



Attachment 6

Personal Care Pantry

Products included in the Amherst Survival Center's Personal Care Pantry include:

- soap
- toothbrush
- toothpaste
- shampoo
- deodorant
- menstrual products (tampons and pads)
- toilet paper
- sunscreen (seasonal)
- body cream (seasonal)
- razors
- adult diapers
- children's diapers
- wipes

The affordability of personal care items can threaten an individual's food security. According to a 2013 Feeding America study, In Short Supply: American Families Struggle to Secure Everyday Essentials, revealed that 1 in 3 low-income American families with children struggle to afford basic, non-food household goods, including products related to personal care and baby care. As a result, these families often make trade-offs with other living expenses and employ coping strategies in an effort to secure essential items. These strategies include using less, substituting, borrowing, doing without, altering eating habits to afford non-food items or delaying hygiene habits. (<http://www.feedingamerica.org/hunger-in-america/our-research/in-short-supply/in-short-supply-executive.pdf>) Diaper need is also an issue of public health and food insecurity. Without funds to spend on diapers, low-income families are forced into a different set of coping strategies which can include deferring meals but can also entail delaying diaper changes, re-using diapers, increased isolation, foregoing education and/or a job.

Limited resources can force families to make painful trade-offs: food vs. rent, food vs. medicine, food vs. clothing, food vs. toilet paper. Offering these items even in a limited way can help struggling individuals and family stretch their resources and strengthen their personal safety net. Making personal care items and diapers available addresses the challenges that our participants confront, while supporting food security with nonfood items.

In mid-2017, the Food Pantry began to make diapers and menstrual products available to pantry recipients as distinct items, separate from the personal care allocation (and preventing them from "competing" with other personal care items).

In summer/fall 2017, the Food Pantry surveyed participants about their preferences for the personal care items they wanted available when they came to pick up their groceries. This was a first step in determining the feasibility as to whether the organization could commit to having these items



Amherst Survival Center, Attachments, January 2018

consistently available. The survey had a 20% response rate, with 247 households responding. Some of the results follow.

3. Please check how satisfied you are with the personal care item selection in the Food

Pantry:

NA 4

1 	2	3	4	5 
Very UNhappy, with the selection		It's ok		Very happy with the selection

3 (1.2%) 7 (3%) 47 (20%) 45 (19%) 131 (56.2%)

4. Please check the top three (3) items you'd want to be able to pick up with your monthly groceries at the Amherst Survival Center Food Pantry (please check ONLY 3):

- | | |
|--|--|
| <input type="checkbox"/> Soap 98 | <input type="checkbox"/> Body Lotion 31 |
| <input type="checkbox"/> Shampoo 81 | <input type="checkbox"/> Sunscreen 14 |
| <input type="checkbox"/> Toothbrush 28 | <input type="checkbox"/> Hair Conditioner 38 |
| <input type="checkbox"/> Toothpaste 78 | <input type="checkbox"/> Razors 57 |
| <input type="checkbox"/> Deodorant 73 | <input type="checkbox"/> Band-aids 40 |
| <input type="checkbox"/> 1 roll of toilet paper 93 | <input type="checkbox"/> other (please be specific): |

total responses: 631

The Amherst Survival Center will use these responses to dedicate planning resources to identifying strategies that will allow the organization to make soap (family size), shampoo and toilet paper consistently available in the Food Pantry.

Attachment 7

Project Description: Additional Food Pantry Services Provided by Volunteers

Onsite:

While participants shop, volunteers share healthy cooking tips, recipes, and nutritional information. Healthy cooking classes, using Pantry ingredients, compliment nutritional information and nutrition tastings. Special distributions occur in the Pantry (cookbooks, recipes, etc.). November brings a special Thanksgiving box for pantry recipients, extra holiday food that includes frozen meat and additional canned vegetables and side dishes. In December, the Center's Holiday Gift Program is open to Pantry households with children ages 0-18. Each child receives four new books and a new winter accessory, in addition households receive games. Pantry staff also makes in-house referrals to our community partner, the FBWMA who staffs weekly office hours in the ASC to assist individuals to apply for SNAP (aka food stamps) to further reduce food insecurity. Volunteers routinely cross-refer recipients to ASCs other food programs (community meals and fresh food distribution).

Senior Mobile Nutrition Program/SMNP (formerly known as the Senior Mobile Pantry):

SMNP utilizes its own volunteer team who distribute shopping lists, organize and assemble bags of food, and deliver the food to their locations in Amherst. In the past year, the program's contact person at the Amherst Senior Center retired, resulting in increased outreach activities from Center staff to promote the programs with seniors in need.

Mobile Pantry Partnership with the Food Bank of Western MA:

A new pilot program, in partnership with the Food Bank of Western Massachusetts, implements a mobile pantry (of fresh produce and frozen meat) to residents in the Southpoint Apartment complex parking lot in South Amherst. This program utilizes an additional 10-15 volunteers a month, is overseen by the Pantry Assistant, and results in increased food being distributed to Amherst residents and increased produce sourced to the Pantry.

Community Food Drives

In addition to supporting the sponsorship of food drives by community organizations, the Amherst Survival Center will oversee its own roster of community food drives in an effort to generate more food inventory for the Pantry, to support the larger allocation. Three annual community food drives will be organized by the ASC: Souper Bowl Sunday (February), Post Office Food Drive (May) and Election Day Food Drives (in March, September, November). In addition, the ASC will explore a community-wide neighborhood food collection project involving volunteers in the coming year in order to source additional food to sustain the Pantry's expanded allocation.

Community Drives for Diapers and Personal Care Items

The organization has inspired and supported community organizations to hold drives to collect donations of diapers, personal care items, and menstrual products. These drives are critical to generate an inventory of these items and in doing so support the ASC's goal of distributing these items to Food Pantry recipients.

Amherst Survival Center, Attachments, January 2018

Attachment 8

Weekend (Saturday morning) hours at the Amherst Survival Center Food Pantry

	NUMBER OF HOUSEHOLDS	NUMBER OF INDIVIDUALS SERVED	POUNDS OF FOOD DISTRIBUTED
NOV 21 2016	11	33	359
DEC 19, 2016	4	10	216
JAN 23, 2017	11	38	593
FEB 20, 2017	13	29	729
MAR 19, 2017	15	35	761
APRIL 16,2017	15	52	636
MAY 21, 2017	7	22	420
JUNE 18, 2017	13	43	929
JULY 16, 2017	7	19	428
AUG 20, 2017	6	17	328
SEPT 2017	8	20	474
OCT 15, 2017	14	41	810
NOV 19, 2017	18	55	856
TOTAL	142	414	7,549

Program Characteristics:

- Food Pantry (and Community Store) are open the third Saturday morning of the month. The Store is open for people using the Food Pantry to ensure their access to clothing and household items.
- Hours are 9:30am-11:30am
- Food Pantry staffing consists of one staff and 3 volunteers.

Attachment 9

Participant Demographics

Age Breakdown of the Amherst Survival Center's Food Pantry's Amherst residents, 2016

Individuals	Amherst residents
Individuals	2237
Ages 0-17	631 (28.2%)
Ages 18-64	1443 (64.5%)
Over 65	163 (7.3%)

Racial/Ethnicity of the Amherst Survival Center's Food Pantry, Amherst residents, 2016
Based on self-disclosure.

	Breakdown by Ethnicity, residents of Amherst who participate in the Amherst Survival Center Food Pantry (2017)	Breakdown by Race and Ethnicity, Town of Amherst (census 2010)
White/Caucasian	31.2% (n=699)	76.9%
Latino	19.8% (n=445)	7.3%
Black/African American	11.3% (n=254)	5.4%
Asian/Pacific Islander	9.7% (n=217)	10.9%
Cape Verdean	4.6% (n=103)	
Other/Prefer not to specify	23.2% (n=519)	

Source: Amherst Census 2010
<https://www.census.gov/quickfacts/table/RHI125215/2501501325,25>

Attachment 10

Senior Mobile Nutrition Program (SMNP) and senior hunger

Program Background

In collaboration with the Amherst Senior Center, Amherst seniors can register for a monthly delivery of groceries from the Amherst Survival Center Food Pantry. Program registration happens at the Senior Center, with “grocery lists” distributed and collected. Overseen by the ASC Food Pantry Coordinator, a crew of volunteers come together once a month to assemble bags for each participant – based on the participant’s preferences. Volunteer drivers or staff deliver these bags to the lobbies of senior housing developments in Amherst and to the Amherst Senior Center for pick up. Seniors are also welcome to come to the Center and use the onsite Food Pantry program, and many do.

In the past year, we discovered that the registration lists used by the Amherst Senior Center included names of people no longer participating in the program. This resulted in a focused effort to clean up our lists. In the coming year, the ASC plans to implement outreach to the senior population to increase its reach with this population in Food Pantry programs.

Participation in the SMNP

November 2016-November 2017

Number of Households	Number of Individuals	Number of Deliveries	Pounds of Food Distributed Thru the SMNP
48	48	514	14,223

Senior Hunger

Access to nutritious food are key factors in improving health outcomes. Low-income seniors are vulnerable to malnutrition. According to Feeding America, in 2013, 9% of households with seniors experienced food insecurity, and in 2011, 8.4% of all Americans over the age of 60 were food insecure. According to a 2014 report from the AARP (American Association of Retired Persons) Foundation, 8.8 million older people in the U.S. can’t afford nutritious food. Nearly one in six seniors in the U.S. may be threatened by hunger. The number of seniors experiencing this threat jumped by 88% between 2001-2011 (resulting from the severe economic downturn and recession, and its impact on older workers). About one quarter of low-income adults 65 and older say they’ve reduced the size of their meals or have skipped meals because they didn’t have enough money. In addition, their enrollment in SNAP (food stamps) falls way behind other groups.

AARP has described several factors as contributing to senior hunger. They include:

- Memory loss can make it more difficult to remember to shop in advance and prepare food.
- Some diseases cause weight loss.
- Lack of access. Poorer people often live in areas without access to full service grocery stores with reasonable prices and fresh produce (termed “food deserts”), but even older people in more affluent suburban areas lose access to food if they can no longer drive.
- The shame and embarrassment of asking for help in accessing food are often barriers.

Amherst Survival Center, Attachments, January 2018

- Lack of funds.

Please see Feeding America's Fact Sheet on Senior Hunger (September 2017) on the next page.

AARP has also looked at the low SNAP enrollment rates for seniors. Two factors can be addressed by the ASC SNMP, increasing access to this public program and thereby improving eligible seniors' food security:

- They lack knowledge about the program and its benefits
- They encounter or have encountered challenges and/or obstacles that prevent them from enrolling in SNAP.

The health consequences of food insecurity among the elderly are significant and include poor nutrition, poor access to medication, episodes of depression, and an overall lower quality of life. For "seniors, protecting oneself from food insecurity and hunger is more difficult than for the general population" because they may lack "the resources to access or prepare food due to lack of transportation, functional limitations, or health problems." (<http://bit.ly/1tRrMAM>) They also face a unique stigma in seeking assistance. Amherst seniors are no different.

Amherst Survival Center Goals

The organization's multi-year Strategic Plan entails the development and implementation of strategies to increase registration in, and use of, this program. The organization will partner with the Amherst Senior Center, its longtime collaborator on this program, regarding new measures to help meet this goal. The organization is committed to increasing participant satisfaction with this program as a way to increase peer-to-peer referral to it. Proposed CDBG funding would support the continued larger allocation to this population and printed materials around it, outreach materials to increase participation in the program, and staffing to execute it.



Senior Hunger Fact Sheet

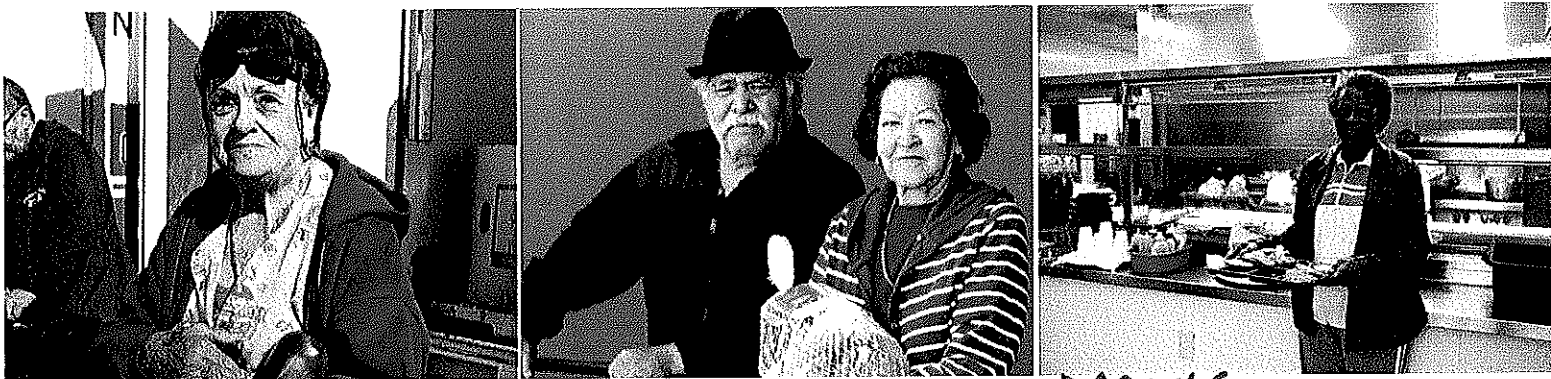
September 2017

More than 5 million senior citizens age 60 and older struggle with hunger. In the next two decades, the number of seniors is projected to significantly increase and consequently, so is the number of seniors facing hunger.

Seniors face a number of unique medical and mobility challenges that put them at a greater risk of hunger. Many are forced to make the tough choice between buying food and medicine, and others struggle to access food without reliable transportation. Below are a series of facts about senior hunger and the seniors Feeding America serves.

FOOD INSECURITY AMONG SENIORS

- Feeding America serves 7 million seniors age 60 and older each year.
- Additionally, Feeding America serves nearly 6 million "older adults" ages 50-59 each year.
- Elderly households are much less likely to receive help through the Supplemental Nutrition Assistance Program (SNAP) than non-elderly households, even when expected benefits are roughly the same.¹
- In 2015, 5.4 million Americans over the age of 60 were food insecure. This constitutes 8% of all seniors.²
- In 2016, 2.8 million (8%) households with seniors age 65 and older experienced food insecurity.³
- The number of food-insecure seniors is projected to increase by 50 percent when the youngest of the Baby Boomer Generation reaches age 60 in 2025.⁴
- It can be harder for seniors to protect themselves from hunger than it is for the general population. For example, one study found that food-insecure seniors sometimes had enough money to purchase food but did not have the resources to access or prepare food due to lack of transportation, functional limitations or health problems.⁵





Senior Hunger Fact Sheet

HEALTH AND HOUSEHOLD INFORMATION OF PEOPLE FEEDING AMERICA SERVES

- More than 33% of households Feeding America serves have at least one member who is 60 or older.⁶
- Food-insecure seniors are at increased risk for chronic health conditions, even when controlling for other factors such as income:⁷
 - 60% are more likely to experience depression
 - 53% are more likely to report a heart attack
 - 52% are more likely to develop asthma
 - 40% are more likely to report an experience of congestive heart failure.
- Two out of five (41%) households we serve with an adult age 50 and older have at least one member with diabetes, and more than two-thirds (77%) of the households we serve with an older adult have at least one member who has high blood pressure. These rates increase with age.⁸
- Thirty percent of households Feeding America serves with at least one senior report having a member who has served in the U.S. military. This number is slightly lower (approximately 27%) when including households with a member(s) age 50 and older.⁹

FEEDING AMERICA SENIOR MEAL PROGRAMS

- Twelve percent of meal programs, such as home-delivered meal programs, and 7% of grocery programs, such as senior brown bag programs, are targeted for seniors.

POVERTY AMONG SENIORS

- In 2016, 9% of seniors (4.6 million older adults age 65 and older) lived below the poverty line.¹⁰
- In 2016, under the Supplemental Poverty Measure, 14.5% of seniors are living in poverty as compared with 9% under the official measure.¹¹
- In 2016, under the Supplemental Poverty Measure, medical out-of-pocket expenses (MOOP) increase the poverty rate among seniors (9% excluding MOOP, 14.5% including).¹²



Senior Hunger Fact Sheet

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Attachment 11 – Mobile Food Program 2017

In partnership with the Food Bank of Western Massachusetts

Program Description:

Responding to a request to consider partnering with the Food Bank of Western Massachusetts to conduct a mobile pantry in a food desert in south Amherst, the Amherst Survival Center initiated a connection and relationship with the management of Southpoint Apartments in south Amherst. As a result, the mobile food program launched in February 2017. On the first Wednesday of the month, an ASC staff person and 10-15 ASC volunteers arrange fresh produce delivered to the site by the Food Bank. Participants line up, and over the course of one-hour (1-2pm) households are able to access fresh produce. In advance of the scheduled mobiles, the ASC works with the management teams at both Southpoint Apartments and the Boulders to notify residents of the upcoming mobile.

In addition to asking simple survey questions for the Food Bank, the Amherst Survival Center also uses this opportunity to understand the numbers of recipients who may - or may not - already be connected to the ASC Food Pantry, inform residents of the ASC food and nutrition programs, collect information on the barriers that may exist to their participation in those programs, and promote their use.

In the first eleven months of the program, the numbers are astounding. See below.

MONTH	INDIVIDUALS	HOUSEHOLDS	POUNDS OF FOOD DISTRIBUITED	POUNDS PER HOUSEHOLD
February 2017	213	67	2693	
March 2017	317	85	2891	
April 2017	294	91	2468	
May 2017	347	100	2923	
June 2017	400	112	3570	
July 2017	327	94	2186	
August 2017	357	105	2403	
September 2017	292	90	2516	
October 2017	320	109	3376	
November 2017	391	133	4,183	
December 2017	406	142	4,932	
TOTALS	3,664	1,128	34,141	30.2 avg

Attachment 12 - Community Events 2017

- New Year's Dance Party, January 2017
- Lunar New Year lunch, February 2017
- Black History Month Luncheon and Gospel Choir concert, February 2017
- Community Forum on Possible Threats to the Safety Net
Co-sponsored with the League of Women Voters Amherst and the Food Bank of Western Massachusetts, April 2017 (ASC Feed Democracy Project)
- Understanding the Budget Process, June 2017 (ASC Feed Democracy Project)
- July 4th Barbeque, July 2017
- How to Contact Elected Officials, July 2017 (ASC Feed Democracy Project)
- Community Appreciation Breakfast, September 2017
All food donated by local businesses
- Volunteer Acknowledgement Dinner, October 2017
- Community Thanksgiving Meal, November 2017

ONGOING

- Weekly movies (Thursdays 3pm, and 5pm)
- Healthy Cooking Classes (quarterly) with the Healthy Eating Specialist from Whole Foods Market
- Nutrition Sampling with the Food Bank of Western Massachusetts (quarterly)
- Monthly live music performances as part of the Center's TUNES @ NOON program
- Monthly Field Trips
- Pool passes in collaboration with LSSE (seasonal)
- Passes to area museums and cultural performances in collaboration with cultural institutions

Attachment 13

Program Materials

Program	Main Activity	Printing/Materials Needed
Monthly Saturday morning Pantry hours	Ongoing outreach: <ul style="list-style-type: none"> • newspaper listing, • in-house publicity, • press release, • promotional information given to participants, local health and human service providers. 	Specific materials will be printed for distribution, with specific dates (English, Spanish, possibly Portuguese, Mandarin) <ul style="list-style-type: none"> • Wallet cards with Saturday schedules. • Flyers provided through website.
Kids Boost	By the month prior to each Boost, orders of additional nutritious food will be submitted in addition to purchases of fresh produce. Signage is readied, specific “shop sheets” will be used.	<ul style="list-style-type: none"> • Program-specific flyers provided to Amherst schools (in different languages), provided thru website and networking.
Expanded Food Distribution	Additional new shelving may be purchased for food and personal care item storage, additional food purchases will be made, distributions will continue	<ul style="list-style-type: none"> • Customer Satisfaction surveys • Special written materials for SMNP
Mobile Food Program	Flyers and handouts to be distributed in housing developments informing them of the schedule of distributions. Pantry brochures	<ul style="list-style-type: none"> • Mobile flyers/handouts and calendar • Pantry brochures in Spanish and Mandarin
Food Drives and Food Collections	Oversee and support community food drives to generate food inventory.	<ul style="list-style-type: none"> • Flyers and materials needed to support community food drives and promote participation. • Materials to support and promote food drive/food collection participation
Information Dissemination	Printing of resources in diverse languages to be done throughout the year	

Attachment 14

Project Impact – Continuing CDBG-funded Programs

IMPACT OF PROPOSAL	CHANGES IN TARGET POPULATION that indicate success	HOW WILL CHANGES BE MEASURED?	HOW WILL IMPACT BE TRACKED?
KIDS BOOST Increased food for school-age children in the Food Pantry during months with scheduled school vacations. Amount of distribution 8 meals/ month per student (summer) to 6 meals/ month (school year)	Decreased food insecurity for families with school-age children who rely on school-based meals benefits (free or reduced cost lunch) during school vacation periods. Increased number of new family registrations in the Pantry. Increased referrals.	<ul style="list-style-type: none"> - Surveys of participants. - Prompts for participants to complete. - Surveys of school nurses and food service representatives to describe need. - Monthly data review. - Surveys of new families. - How much additional food is provided (as in meals represented) 	<ul style="list-style-type: none"> -We will document how many households and children are served by each “boost”. - We will assess whether the Boost helped to increase a family’s overall participation in the Food Pantry. -We will print specific materials and assess their distribution.
MAINTAIN EXPANDED FOOD ALLOCATION Maintain food pantry distribution 5-6 days (15-18 meals) per Food Pantry and Senior Mobile Nutrition Program participant per month. Maximize access to USDA food from the Food Bank.	Enhanced food security for Food Pantry and Senior Mobile Nutrition Program participants by increasing the number of days they receive grocery assistance from the Pantry.	<ul style="list-style-type: none"> - Weight of distributions to document amount of food distributed. - Participant satisfaction surveys on the amount and quality of food received. -Monthly data review. -Track referrals to Pantry. 	<ul style="list-style-type: none"> -Customer satisfaction surveys and interviews at service visits, asking participants to identify the extent to which the food distribution provides assistance to their households. - Providing participants with opportunities to share what the Pantry means for their families.
WEEKEND HOURS Increased access to Food Pantry services through monthly weekend hours of operation.	Increased capacity to receive and benefit from Food Pantry services.	<ul style="list-style-type: none"> - Tracking numbers of people using service. - Distribution of specialized brochures and printed materials for community outreach. 	<ul style="list-style-type: none"> - Participant interviews to: identify perception and capacity to use Food Pantry with and without weekend hours, and assess how weekend hours affects families’ food security.

IMPACT OF PROPOSAL	CHANGES IN TARGET POPULATION that indicate success	HOW WILL CHANGES BE MEASURED?	HOW WILL IMPACT BE TRACKED?
FRESH PRODUCE Amherst Survival Center will directly purchase fresh produce December-May and expanded for the remainder of the year in order to increase access to fresh produce during months when farm donations are absent or to augment diminished donations.	Food Pantry and SMNP households will consistently receive fresh produce during the whole year, regardless of local farming community's ability to donate to the Center or amount of produce recovered through daily food recovery.	- Food Pantry will track supply of purchased foods on a monthly basis.	- Food Pantry will track fresh produce available as a result of direct purchase and link directly to monthly distribution data.
STAFFING Continue part-time Pantry Assistant position to support management, creation, and organization of food inventory. Role will also expand to cover pilot mobile program.	-Expanded and organized storage to support the increased allocation. - Enhanced food security for Food Pantry and Senior Mobile Nutrition Program participants by increasing the amount of food assistance they receive from the Pantry and ensuring adequate food inventory. - More community residents will participate in food drives and collections.	- Weight of distributions to document increased food provided. - Monthly inventory review. -Monthly Pantry data review. - Ensure food quantities needed to meet distribution needs. - Number of food drives and collections reported, pounds of food collected reported.	-Flow of food will be monitored. - Inventory systems in place. - Food Bank invoices will be tracked. - Food drives will be tracked.
MOBILE FOOD PROGRAM Pilot monthly program which recruits and trains volunteers to distribute fresh produce in parking lot in South Amherst.	Individuals and families who live in a food desert in south Amherst will be able to access an average of 25-30 pounds of free produce each month, learn about the ASC and its other food programs.	-With assistance from the Food Bank, the amount of pounds of food distributed will be reported, as will the number of individuals and households served. - ASC will survey participants as to their connection to the ASC and its other programs	-Through surveys of program participants -Weights from the Food Bank

Attachment 14a

Project Impact: Outcomes and Measurements

IMPACT	DIRECT OUTCOMES	INDIRECT OUTCOMES	QUANTITATIVE/ QUALITATIVE MEASURES
KIDS BOOST	<ul style="list-style-type: none"> - Increased food (up to 8 meals per school-age per child per household per month) for families who rely on school-based meals program for each of their school-age (5-17 years) children during scheduled school vacations in February, April, June, July, August, and December. 	<ul style="list-style-type: none"> - Increased comfort accessing food pantry services during Kids Boost months by families of school-age children, and at other times of the year when in need. - Increased referrals to the Food Pantry by current participants, school personnel, health and human service providers, and medical providers. - Increased comfort accessing other services at the ASC. - Increase in number of Amherst families with school-age children registering for Food Pantry. - Increased economic security for participating households during Boost times. 	<ul style="list-style-type: none"> - Numbers of households participating. - Numbers of new households served. - New household surveys on how they heard about the Pantry. - Numbers of children served. - Amount of additional food distributed (by meals represented). - Participant surveys to learn of household willingness to refer a friend in need.
MORE FOOD	<ul style="list-style-type: none"> - Quantity of distribution will be maintained at 15-18 meals per person per month in Food Pantry and SMNP. 	<ul style="list-style-type: none"> - Increased food security for Pantry and SMNP households. - Increased customer satisfaction. - Increased referrals from participants to other neighbors in need. - Increased economic security for participating households. 	<ul style="list-style-type: none"> - Monthly tracking weights of distribution, comparisons with year before. - Tracking of amount of food designated for Food Pantry households. - Participant surveys on levels of food security, satisfaction, and experience with making referrals to program.
WEEKEND HOURS	<ul style="list-style-type: none"> - Continuing monthly Saturday morning hours for Food Pantry recipients. 	<ul style="list-style-type: none"> - Increased food security by participants who could not get to the Food Pantry during weekdays. - Greater comfort by Food Pantry households to use services. - Increased referrals to program. - Increased access for food donors to bring their donations to the Center on weekends. 	<ul style="list-style-type: none"> - Reporting the numbers of participants who use Saturday Food Pantry. - Documenting the increased weight of food distributed during this new slot. - Surveying participants' perception of Pantry access. - Surveying participants comfort level to make referrals to the Pantry.

IMPACT	DIRECT OUTCOMES	INDIRECT OUTCOMES	QUANTITATIVE/ QUALITATIVE MEASURES
FRESH PRODUCE	Food Pantry and SMNP households will receive more fresh produce throughout the year.	- Food Pantry will track purchases of fresh produce on a monthly basis.	-Food Pantry will track fresh produce available as a result of direct purchase and link directly to monthly distribution data. -Food Pantry will document specific purchases during the grant. - Customer satisfaction surveys will include questions about availability of fresh produce.
STAFFING	Pantry Assistant to organize, manage and maintain food inventory for Food Pantry distributions.	- Food inventory will be generated, maintained and well-organized to facilitate and maintain increased allocation. -Increased storage efficiencies in the basement. - More food drives increase the number of community members participating in sourcing food for the Food Pantry.	- Monitoring of food orders. - New shelving to accommodate additional food. - Increased number of community food drives to augment inventory. -Increased number of personal care item drives to supply inventory. -Track weights of food donations from food drives. -
MOBILE FOOD PROGRAM	Individuals and families who live in a food desert in south Amherst will access fresh produce.	-Individuals and families will access information about ASC and offer insight into barriers to access. -Amherst Survival Center will receive some of the excess produce in order to distribute the following day.	-Track number of households receiving food and number of individuals represented - Track pounds of food of food distributed

Appendix 15

Health Impacts of Program

Background

The impact that good nutrition has on families' and individuals' ability to thrive is well documented. More and more, research demonstrates the importance of access to nutritional foods, fresh produce, nutritional information and support on the **health and well-being of all individuals**. The ASC Food Pantry seeks to connect families with the healthy food and nutrition resources, as a way not only to reduce their food insecurity but also to maximize their health benefits.

Access to nutritious food are key factors in improving health outcomes. Low-income seniors are vulnerable to malnutrition. The impact of inferior nutrition is even more pronounced among the homeless. Studies have shown that more than one third of the people who are homeless are undernourished, a rate significantly higher than that of the general population.^{1,2} This is attributable to many factors, including lack of income to buy healthful food, disordered living conditions, and complications of substance and alcohol use. Nutritional deficits result in higher levels of anemia, gastrointestinal disorders, diabetes, malnutrition, cardiac disease, malnutrition, and hypertension.

Children

According to Feeding America, food can be particularly devastating among children due to their increased vulnerability and the potential for long-term consequences. These consequences include health, development and their educational experience.

(<http://www.feedingamerica.org/hunger-in-america/impact-of-hunger/child-hunger/child-hunger-fact-sheet.html>)

See this site for information on hunger in children who attend school in the United States:
<http://hungerinourschools.org>

The American Academy of Pediatrics (AAP) addresses the issue of food insecurity and children. They cite the following consequences as a basis for their involvement in hunger as a medical issue (<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/Lack-of-Adequate-Food.aspx>):

- Children who live in households that are food insecure, even at the lowest levels, get sick more often, recover more slowly from illness, have poorer overall health and are hospitalized more frequently.
- Children and adolescents affected by food insecurity are more likely to be iron deficient, and preadolescent boys dealing with hunger issues have lower bone density. Early childhood malnutrition also is tied to conditions such as diabetes and cardiovascular disease later in life.
- Lack of adequate healthy food can impair a child's ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence.

¹ Wiecha, Dwyer, & Dunn-Strohecker (1991) "Nutrition and health services needs among the homeless," Public Health Reports 106(4): 364-374.

² Gelberg, Stein and Neumann (1995), "Determinants of Undernutrition Among the Homeless," in Public Health Reports 110(4): 448-454.

Appendix 15

Health Impacts of Program

The list of consequences of hunger in children can include (<http://www.feedingamerica.org/hunger-in-america/impact-of-hunger/child-hunger/child-development.html>):

Infancy & Development

Children growing up in food-insecure families are vulnerable to poor health and stunted development from the earliest stages of life.[i]

- Pregnant women who experience food insecurity are more likely to experience birth complications than women who are food secure.[ii]
- Inadequate access to food during pregnancy has been shown to increase the risk for low birth weight in babies.[iii]
- Food insecurity has also been linked with delayed development, poorer attachment, and learning difficulties in the first two years of life.[iv]

Health Concerns

Studies have found that food insecurity has been associated with health problems for children that may hinder their ability to function normally and participate fully in school and other activities.

- Children who are food insecure are more likely to require hospitalization.[v]
- Children who are food insecure may be at higher risk for chronic health conditions,[vi] such as anemia,[vii],[viii] and asthma.
- Children who are food insecure may have more frequent instances of oral health problems.[ix]
- Food insecurity among young children is associated with poorer physical quality of life,[x] which may prevent them from fully engaging in daily activities such as school and social interaction with peers.

Behavioral Challenges

Children who experience food insecurity may be at higher risk for behavioral issues and social difficulties.

- Food insecure children may be at greater risk of truancy and school tardiness.[xi]
- When they are in school, children who are food insecure may experience increases in an array of behavior problems including: fighting,[xii] hyperactivity, aggression,[xiii] anxiety,[xiv] mood swings, and bullying.[xv]

See the October 2015 position paper from the American Academy of Pediatrics Council on Community Pediatrics, Committee on Nutrition: “Promoting Food Security for All Children” here:

<http://pediatrics.aappublications.org/content/early/2015/10/20/peds.2015-3301> or the Pediatrician’s

Toolkit on Food Insecurity here: <http://frac.org/aaptoolkit>. A Canadian study, “Researchers Find Food Insecurity “A Key Contributor to Poor Health and Higher Costs” seems particularly relevant.

(https://foodtank.com/news/2017/06/researchers-find-food-insecurity-key-contributor-poor-health-higher-costs-canada/?utm_source=twitter&utm_medium=foodtank&utm_campaign=SW).

Appendix 15

Health Impacts of Program

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Appendix 15

Health Impacts of Program

Volunteers

Another impact is on **ASC volunteers** who through their time and energy receive the emotional benefit of responding to their neighbors in need, and also become well-informed about the state of hunger in our community and trained on essential nutrition information, thereby building their capacity to be effective advocates for hunger relief. We are seeing more research that shows the mental health benefits of volunteering, especially for people in particular age groups (<https://www.csmonitor.com/USA/Society/2016/0810/How-volunteering-may-improve-mental-outlook?cmpid=gigya-tw>) Volunteering in the ASC helps to increase the level of knowledge about food insecurity in the community. As a result, our community will be healthier with all of our neighbors having greater capacity to contribute their full potential.

The Food Pantry

Being food insecure is a major obstacle to self-sufficiency. Not knowing how you will feed yourself or your children is a distraction many of us are not challenged to overcome. For those neighbors who are hungry or seeking to prevent their children from being hungry, the Food Pantry provides a needed lifeline. By reducing food insecurity and enhancing a household's economic security, ASC's proposed expanded programs offer opportunities for individuals to gain self-sufficiency.

The Amherst Survival Center's Food Pantry increases access to healthy food, while its other nutrition programs (fresh food distribution, community meals) multiply that access and further close the hunger gap for many of our neighbors, promote their food and economic security, and contribute positively to the conditions that support self-sufficiency. By protecting resources for other necessities (rent, fuel, medicines, etc.), families gain economic self-sufficiency. In collaboration with other local food/health/human service programs, the ASC 's work maximizes resources, prevents duplication of services, and increases access to food.

Appendix 16

Project Impact: Amherst Survival Center Collaborations, 2017

Collaboration	Desired Outcomes	Products
Amherst Regional Public Schools- Kids Boost	-community outreach -information on targeted population.	- specific flyers and brochures. - monitor participation. - sharing of information.
Amherst Senior Center – Senior Mobile Nutrition Program (SMNP)	- registrations -outreach -distribution site	- specific written materials for targeted populations -monitor participation - collaborate on development and implementation of customer survey. -collaborate on program enrichments
Amherst Human Service Network	-increased outreach and communication about programming.	- written materials for other programs to use with their clients - written materials for other organizations to use to refer their clients to the ASC food and nutrition programs
Amherst Food and Nutrition Network	- greater awareness and communication between organizations - information sharing - resource/food sharing - development of community-wide schedule of services	- community schedule of services - increased cooperation between organizations to maximize resource and information sharing, prevent duplication of services
Food Bank of Western MA	- assistance with SNAP applications, scheduled weekly hours onsite at the Amherst Survival Center. -offer nutrition tastings and workshops -Conduct mobile food program in South Amherst -major food source for Pantry	- additional SNAP applications processed and assistance provided to ASC visitors - increased SNAP benefits to ASC visitors -increase awareness of ways to use Food Pantry ingredients -increase understanding of nutrition -increase access to fresh produce -access to food
Health Care for the Homeless	- assistance with applying for and getting health insurance (and associated documentation), scheduled weekly hours at the Amherst Survival Center.	- additional applications processed. - more people on health insurance.

Appendix 16

Project Impact: Amherst Survival Center Collaborations, 2017

Collaboration	Desired Outcomes	Products
Eliot Homeless Services	- scheduled weekly case management services around housing.	- housing assistance for ASC visitors and people experiencing homelessness.
Community Action	- Scheduled seasonal assistance at the ASC for fuel assistance applications for ASC visitors.	- fuel assistance for ASC visitors.
Salvation Army	- scheduled weekly hours at the ASC to assist ASC visitors with emergency vouchers.	- increased access to clothing and eyeglasses for ASC visitors.
CISA SNAP & Save Program	- increased participation by ASC participants/SNAP recipients in program that double SNAP dollars when used at farmer's markets. - Pantry dissemination of program information. -Farm Share Fair in the spring	- increased participation by ASC participants/SNAP recipients to use farmer's markets and increase access to fresh produce.
Franklin Hampshire Career Center	- organization, recruitment, and publicity for Jobs Fairs.	- three Job Fairs a year with 10-12 prospective employers, reaching 40-50 people each fair.
Food Recovery: Produce with six local farms, Whole Foods Market Hadley, Paneras, Trader Joes, Stop and Shop, Henions Bakery, Antonios, Bread & Butter, Atkins, The Works, Glazed Donuts	- Daily source of donated food to be used in ASC's food and nutrition programs (Food Pantry distributions, meal preparation and fresh food distribution programs).	- donations of prepared foods. - donations of fresh produce (in season). - increased access to fresh produce and food.
Cooley Dickinson Medical Practices: Project HungerX Amherst Pediatrics	-increased screening for food insecurity in medical setting. -enhanced referral capacity to food and nutrition programs. -increased referral of patients from medical settings to ASC food and nutrition programs.	-decreased stigma around food insecurity. -increased support. - medical provider training and ASC tours. - specific educational materials for medical offices to use to prompt self-assessment. -specific materials to use to refer patients to the ASC food and nutrition programs.

Appendix 16

Project Impact: Amherst Survival Center Collaborations, 2017

Collaboration	Desired Outcomes	Products
Women, Infants and Children (WIC) Food and Nutrition Program	<ul style="list-style-type: none"> - disseminate organization specific brochure to ensure client awareness about ASC pantry eligibility and other programs. - increased WIC participation in ASC Food Pantry. 	<ul style="list-style-type: none"> - WIC-specific brochure about the ASC Food Pantry, schedule and eligibility. -Pantry Coordinator to visit WIC groups.
ASC Community Partners: Project BagShare	<ul style="list-style-type: none"> - bagmaking sessions to make reusable bags that can be used in either the Community Store or the Food Pantry. 	<ul style="list-style-type: none"> - an inventory of reusable bags to use in the Food Pantry or Community Store. -a volunteer opportunity to provide community members to engage with the Center.
ASC Community Partners: Expert Seamstresses	<ul style="list-style-type: none"> - Clothing Mending workshop and sewing lessons. 	<ul style="list-style-type: none"> - increased access to clothing and skills to repair clothing.
Whole Foods Market Healthy Eating Department	<ul style="list-style-type: none"> -quarterly healthy cooking classes. 	<ul style="list-style-type: none"> -skill-building opportunities for healthy eating using Food Pantry ingredients.
Amherst League of Women Voters	<ul style="list-style-type: none"> -voter registration - community events on food security in our community 	<ul style="list-style-type: none"> -more participants registered to vote -more participants informed about food security issues
First Baptist Church Food Pantry (Amherst)	<ul style="list-style-type: none"> -share excess rescued produce 	<ul style="list-style-type: none"> -increase access to produce on Wednesday -reduce food waste by making sure that food that is not distributed one day can be distributed the following day